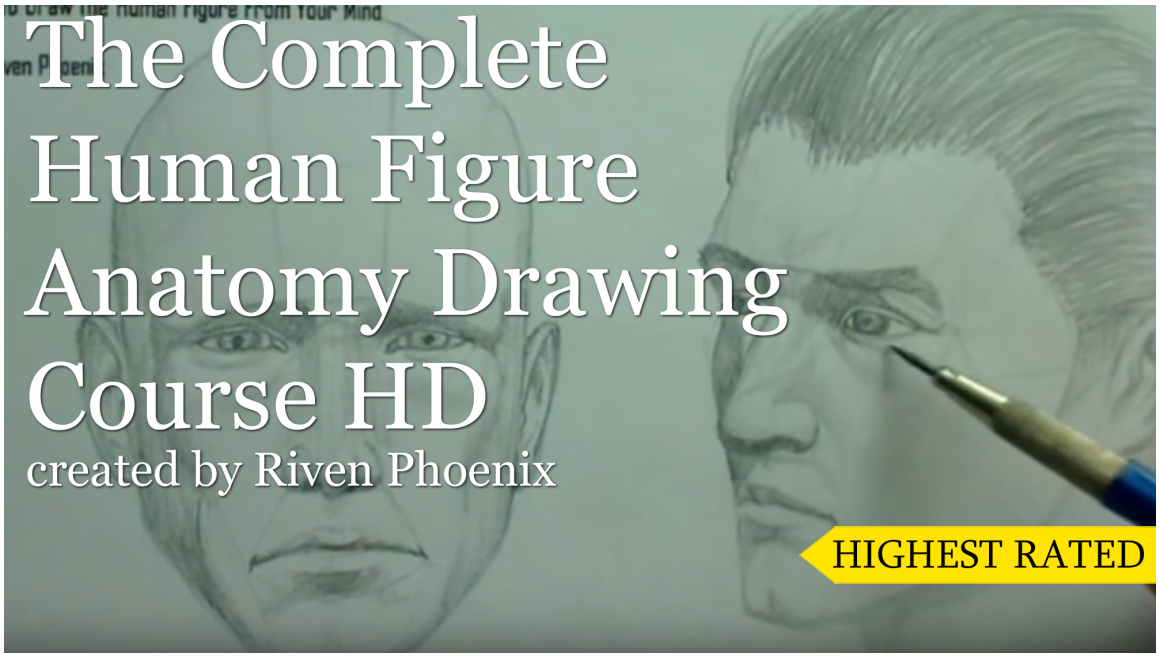

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 184 - The Muscles of the Foot - Part 6

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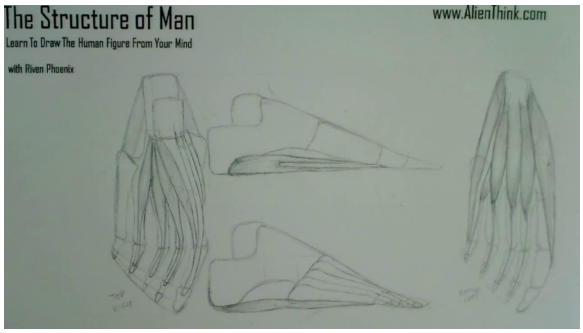
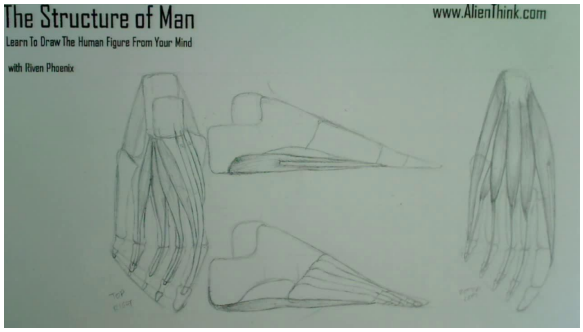
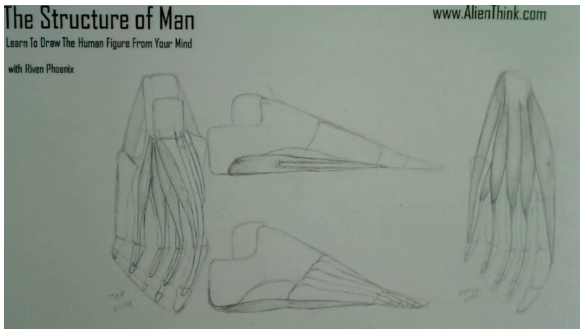
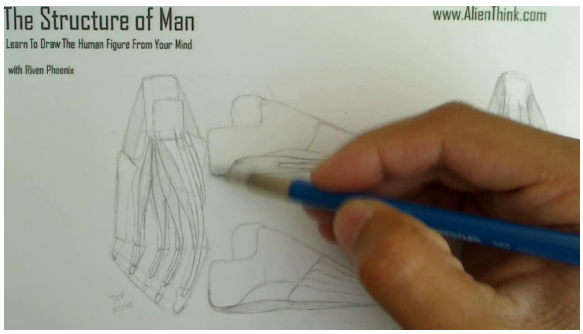
1		Hey guys, my name is Riven Phoenix and welcome to the structure of the man, learn to draw the human figure from your mind training course.
2		Okay, so now we're about to just wrap up the foot.
3		Okay, so here just to be clear about this, that when we did this muscle from the bottom, right?
4		He's going to obviously come like this, right? I didn't fill that in to show you that you can fill that in just to get a conceptual idea of what's going on.

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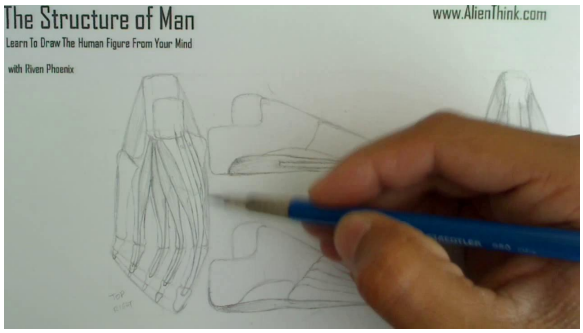
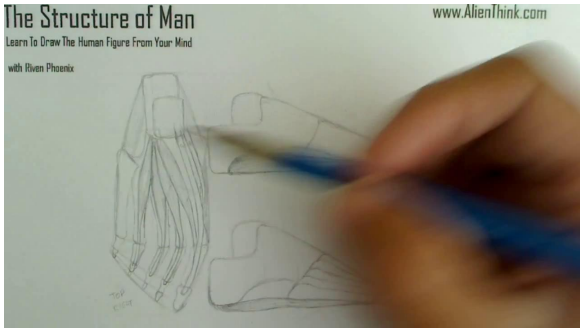
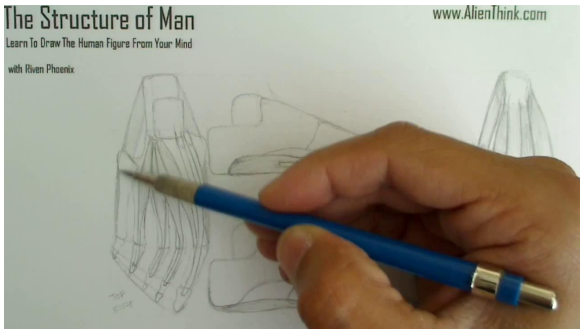
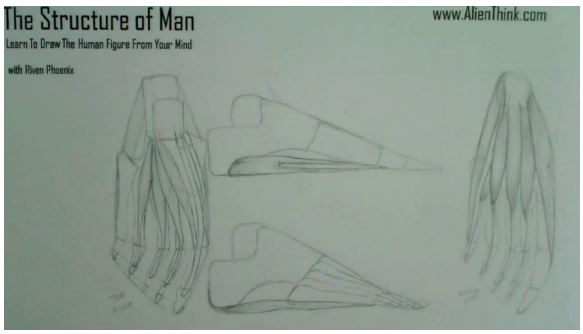
5		Remember, he's on the, on the side and bottom over here, okay?
6		And same thing over here, I feel it in a little bit over here that it's going to show like this from the, from the, the side, right?
7		But he is, we can clearly see on the side over here, right? So we'll just put him down over there.
8		Okay, so what happens next is that we just need, we can clearly see where the muscles are on the top, right?

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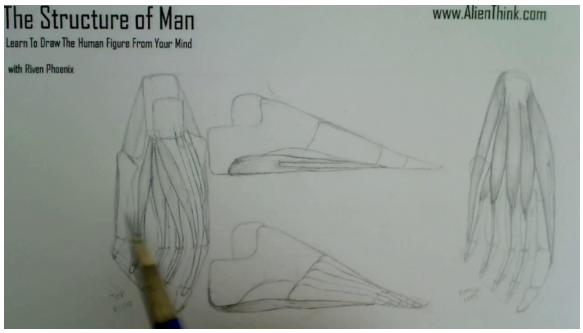
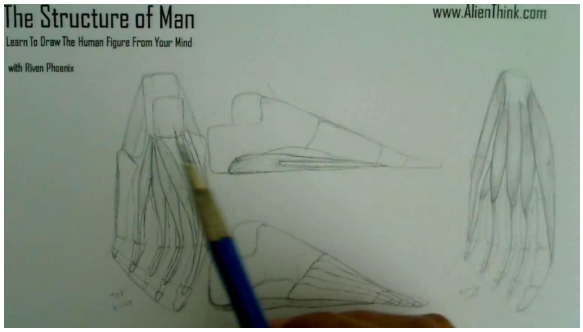
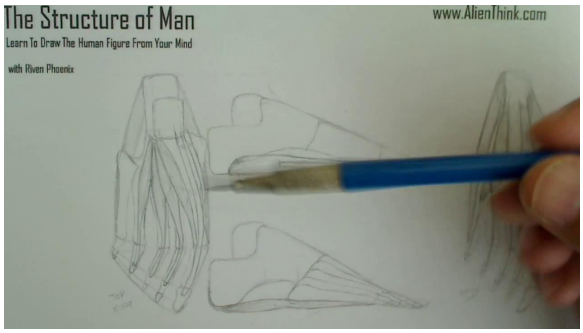
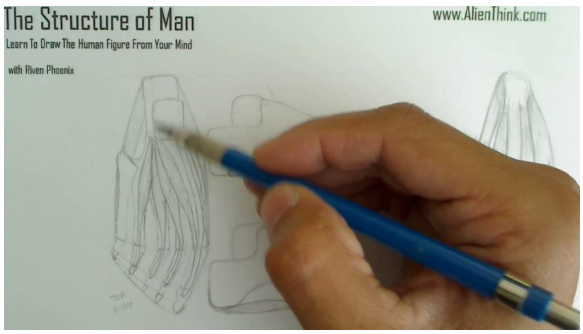
9		You're just going to get muscles here. It's just these guys over here and the bottom is like this, right?
10		And you can even prove this yourself by touching this area of your, of your foot where the toe is, you'll feel the bone structure over here, right?
11		So the last remaining item is now just understanding the pulley system that we've been talking about over here that we haven't really put in.
12		And so this is really the, where the TV is going to connect. So just imagine that your, your muscle, that muscle three is going to come in here.

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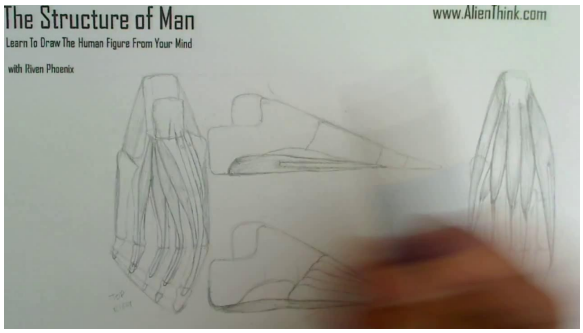
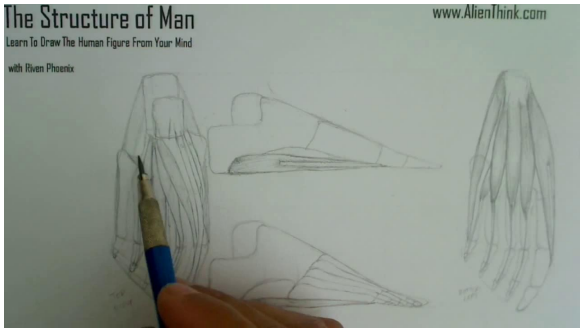
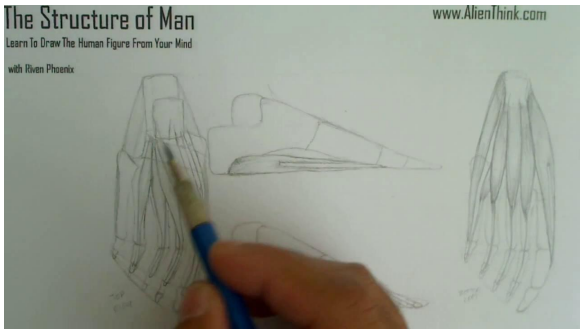
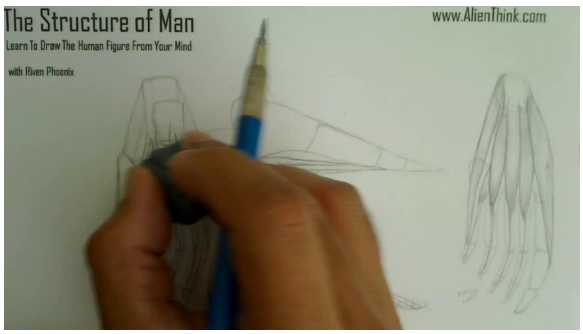
13		So what's going to happen is that you're going to actually get like a big strap over here, right?
14		So this strap is going to go around, first of all, like this around all these guys over here, right? He's just going to be like this.
15		And he's just going to split into like this, right? So this is just like this strap that's on top of the foot area.
16		So I'm going to erase this stuff here just to show you that this is why they don't go all over the place.

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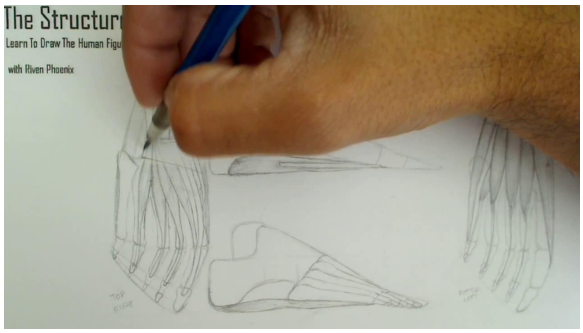
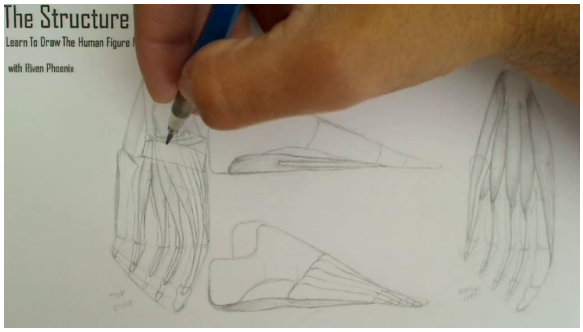
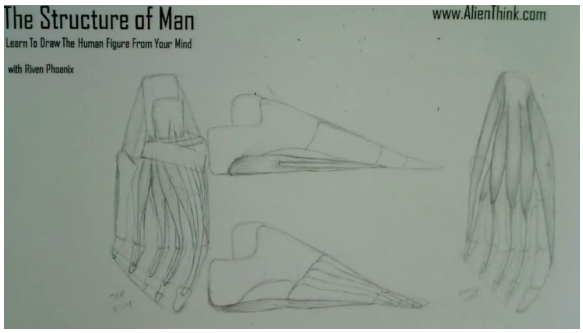
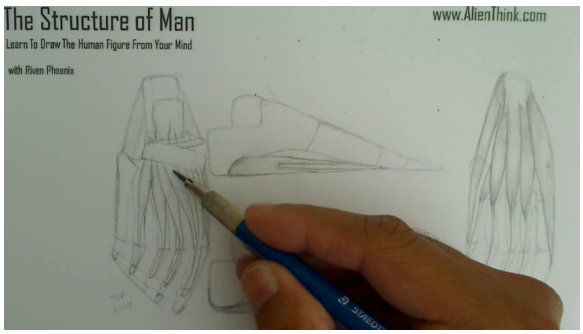
17		So I'm just going to get this strap over here and he's just strapping these muscles together and he's just going to be attached like this.
18		Okay. So in this area, you're really not going to see these, these ideas over here, but that's what's going on.
19		So what happens is that now you're going to get muscle three and basically he's just going to create a wire system that going to be connected to this.
20		Now this is where we're going to actually have to draw them in.

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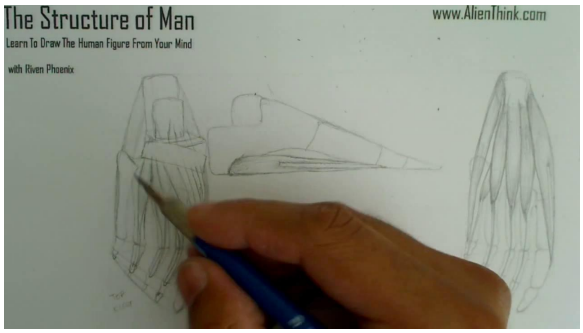
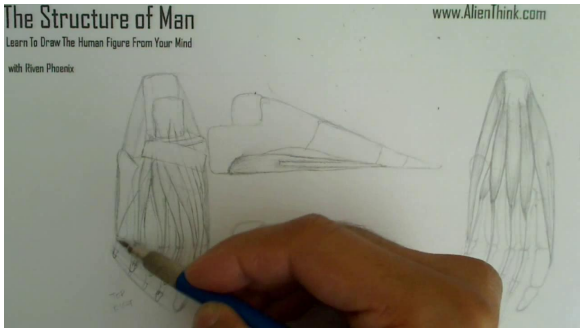
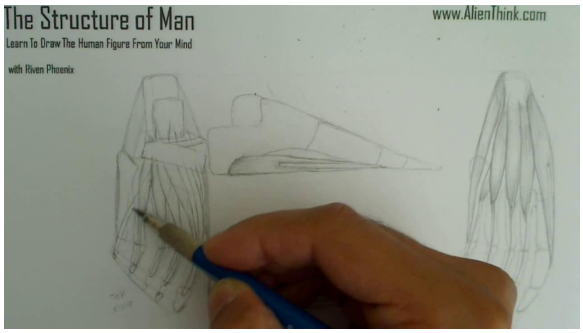
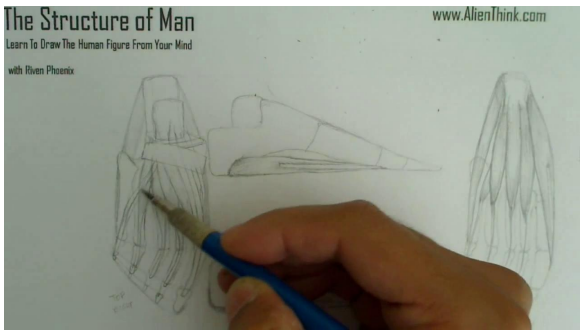
21		So it's going to get, well, we can just draw it in like this, I guess, and just erase with the pencil eraser.
22		So here I'm just going to simply put them in as conceptual ideas here, right?
23		So we know that, okay, he's just going to go there, right? Well, he's really going to be more along the lines of falling along that small finger,
24		but he still needs to come in here, right? So that's one.

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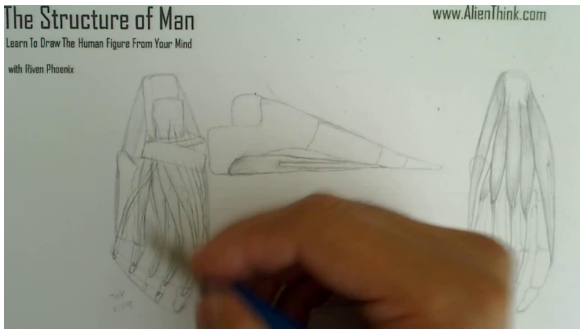
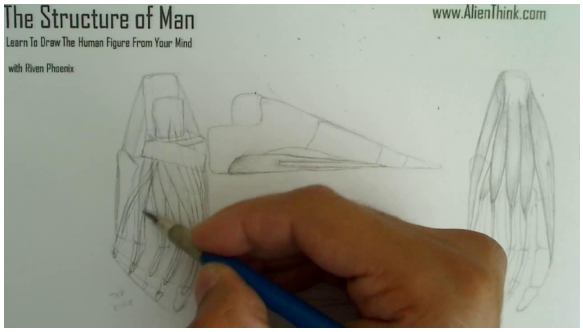
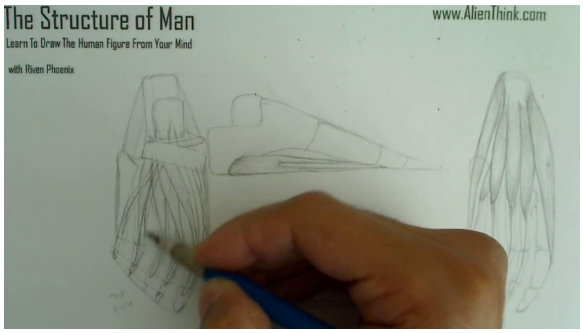
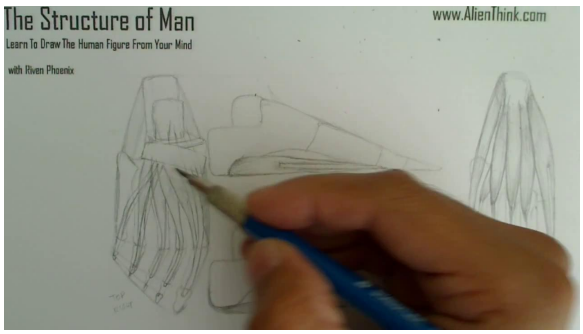
25		And then over here, we're going to remember they're connecting all the way to the top or to the end of the bone.
26		So here I'm going to put this one here. I'm going to erase this so you can see this.
27		Okay, so he's going to come here. Then we're going to come in here.
28		So these are all on top now and you can feel these and these are very sensitive.

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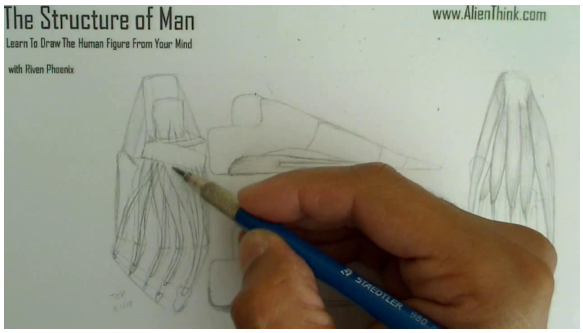
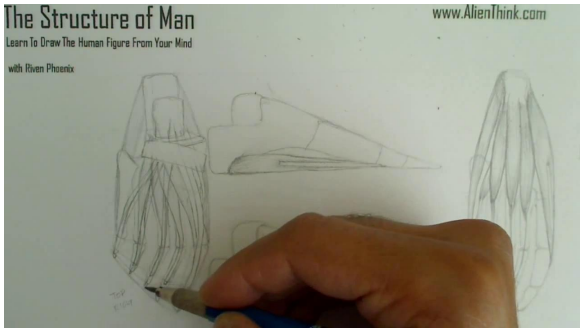
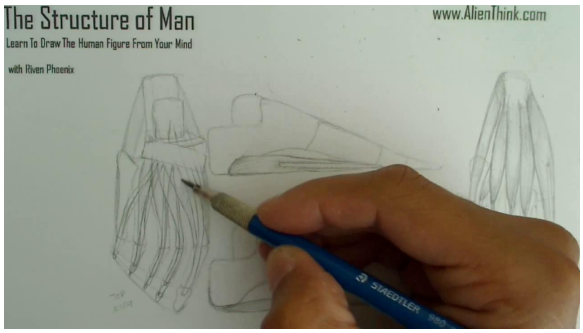
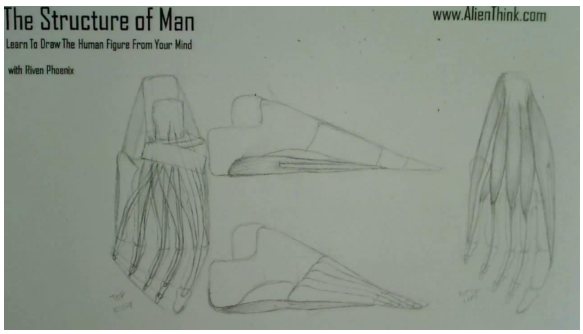
29		Right? This is like a sensitive area of the top of your foot.
30		And he's just going to come like this and the Ford Ford wire system is just going to be over here.
31		And he's just going to be like this, right? So this is just connecting to muscle number three.
32		So here I'm just going to erase this and we're going to be finished with the foot.

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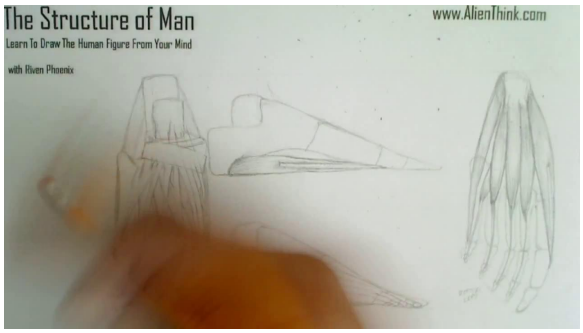
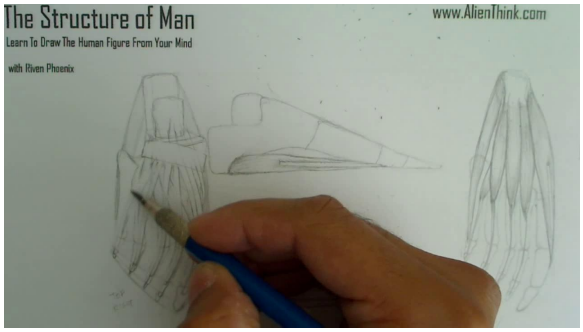
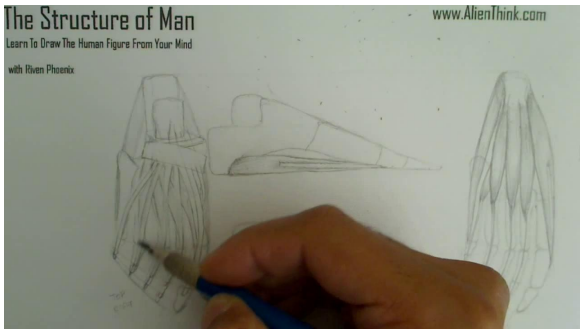
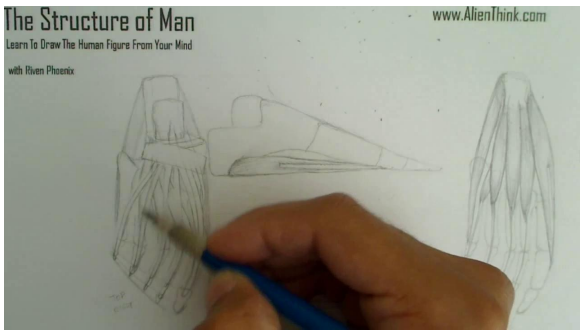
33		So now we can just clean up these lines and everything will start to make sense.
34		Okay, so here I'm just going to get this over here.
35		And this is just going to come like this over here and you're going to get that muscle.
36		So we'll just drop him in like this over here, right?

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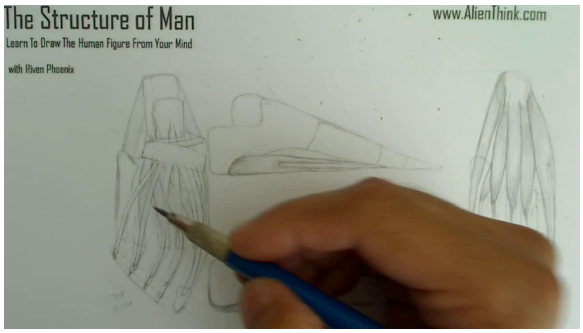
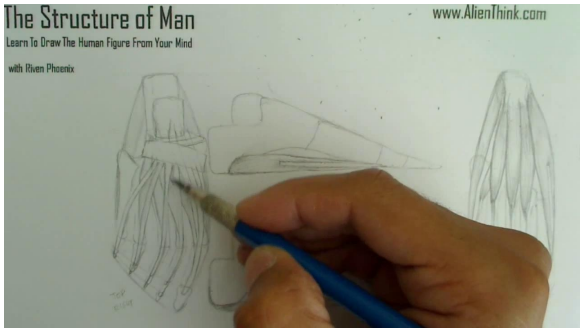
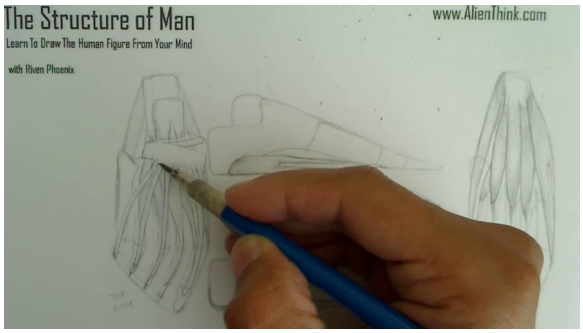
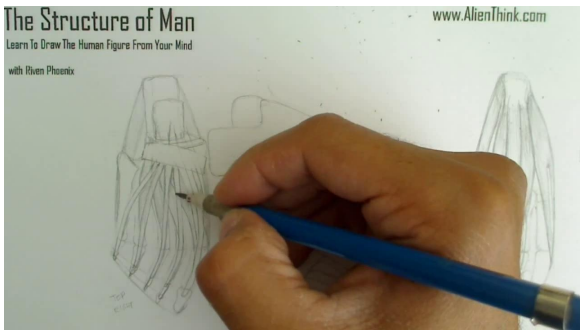
37		And over here we'll do the same thing that this is just going to go like this over here.
38		And we understand we get a strap and we're going to get these muscles in here like this.
39		Right? These are all going in and he's going to end up over here.
40		And then he's just going to go like this.

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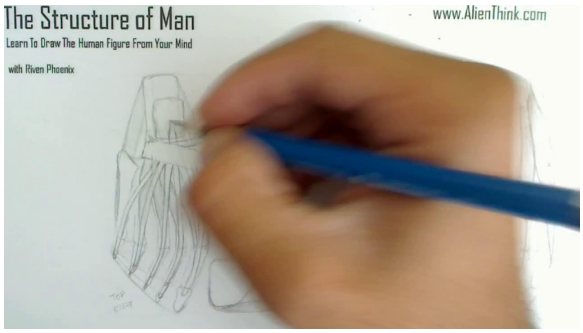
41		Right? So I can make this area a little darker here just to show that.
42		It's just going to go in like this, right?
43		So this is, these are your pipe systems here we already talked about.
44		So here we can just make this understanding that, right?

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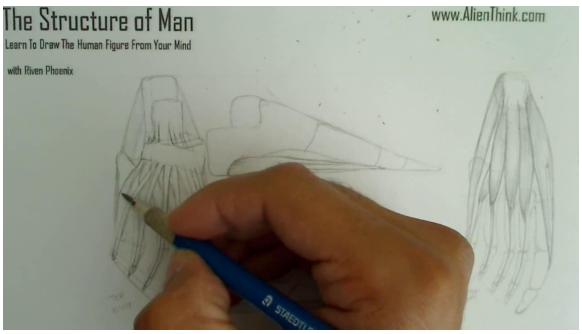
45		We understand that this is going into muscle three, right?
46		So what happens in the end is now you're going to get just that one last guy that we talked about that's going to be five.
47		And he's just going to come over here and he's just going to connect like this over here.
48		Okay? And he's going to be that last police system.

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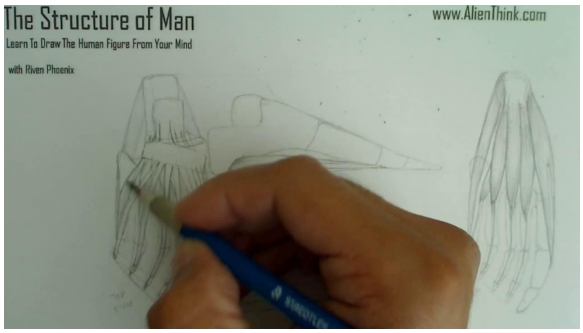
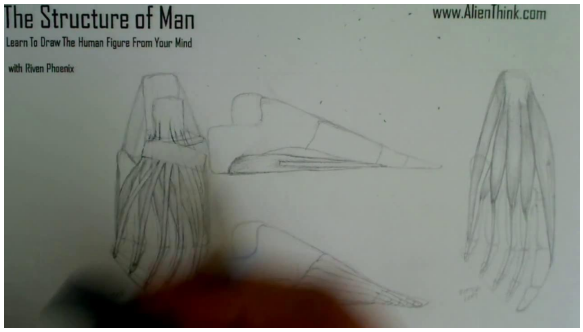
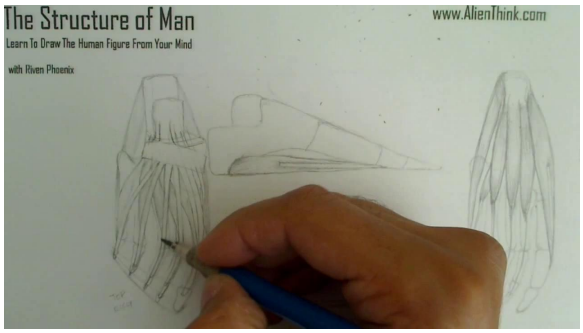
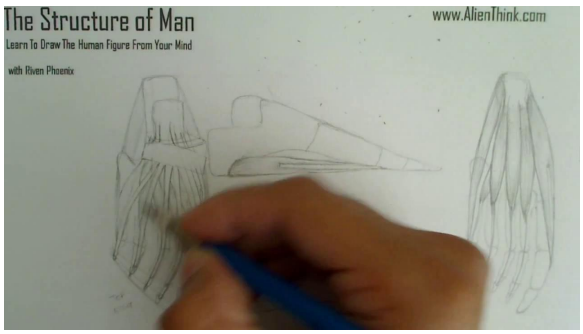
49		Okay? So you see what happened there?
50		This guy here, this in guy because we can recreate it for muscles, right?
51		And then we got these wire systems.
52		Then you got this other muscle coming here and he's doing the same thing.

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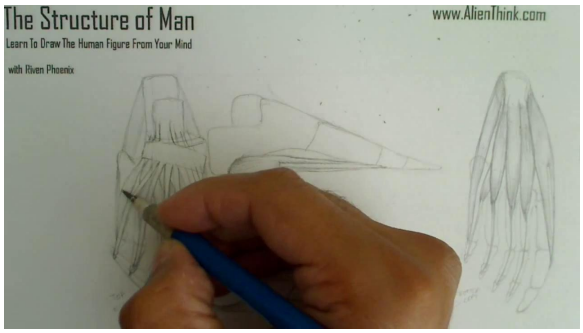
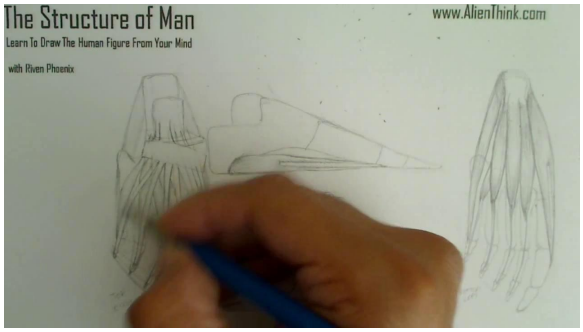
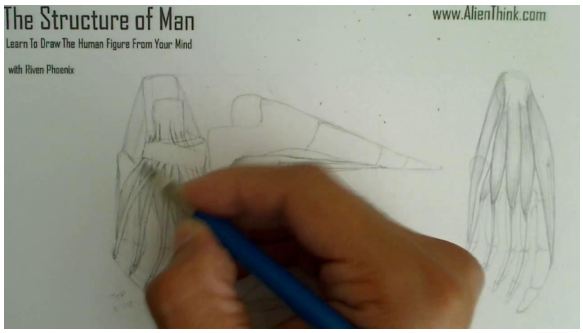
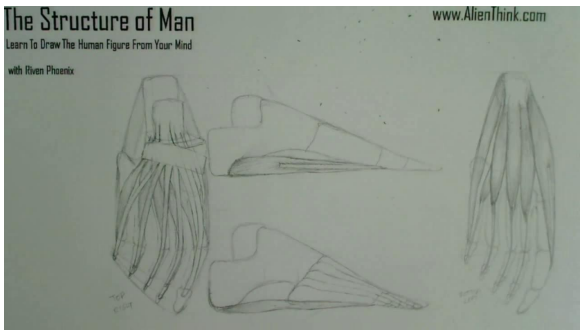
53		He's just going to connect there to the small guy.
54		That's why we can move the small one too because of him.
55		And that's what's going on in the foot.
56		Okay, so we really don't have to look at this from the side, the muscle systems, right?

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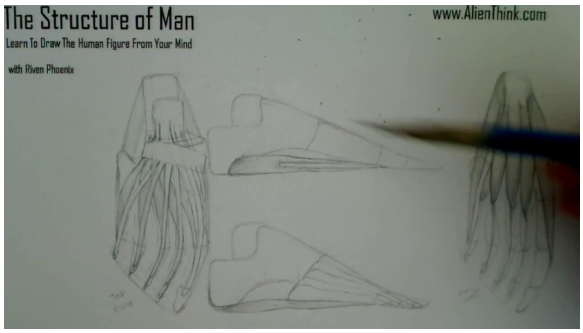
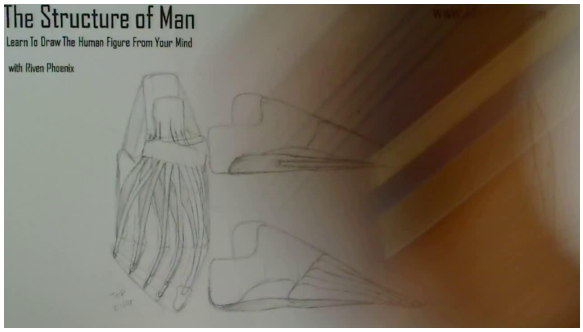
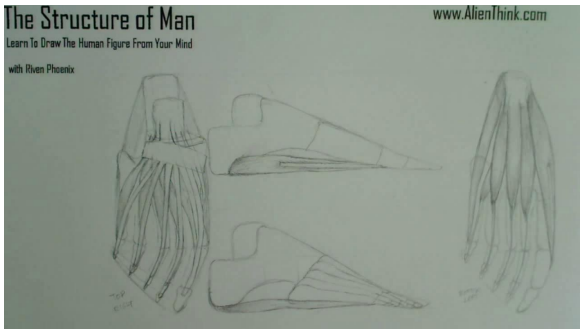
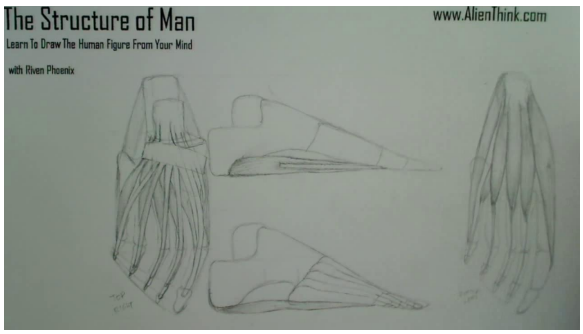
57		Because it's going to be the same commonsense thing.
58		Okay, so what we're going to do is going to look at, okay, well, since we have this understanding,
59		how does this relate to the design of the foot, right?
60		So here we're going to first look at this area over here.

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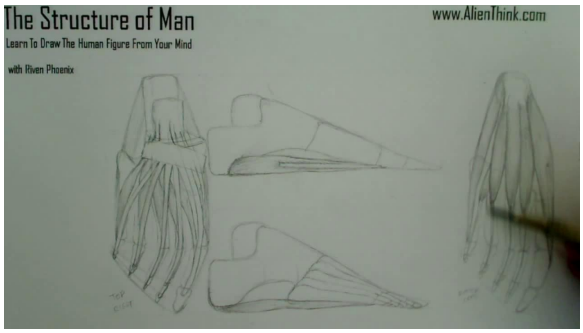
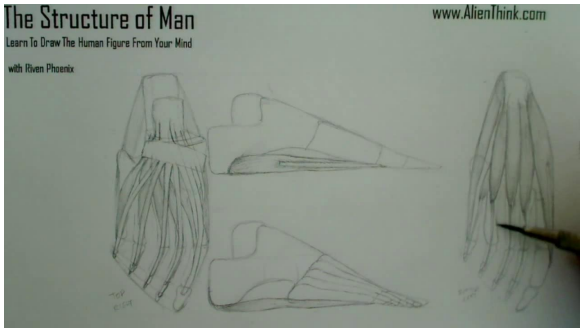
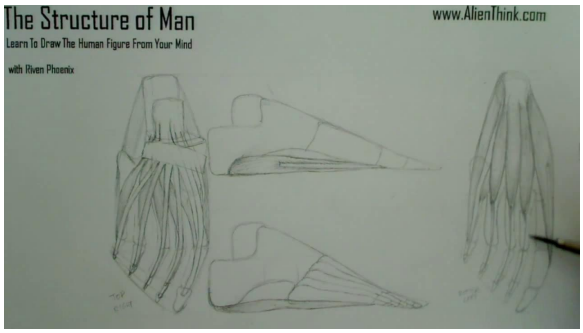
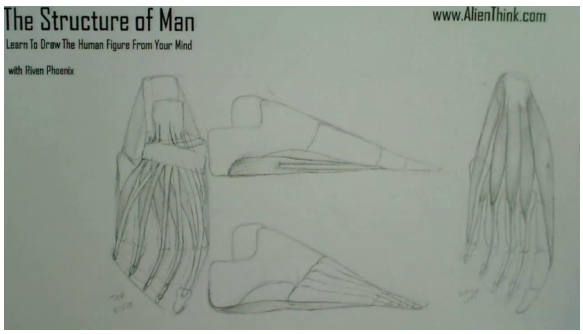
61		So I'm going to darken up some of these bones here.
62		So they come on camera over here like this.
63		Okay? So we can understand over here.
64		So what's going to happen is that let's imagine this is the bottom of the foot.

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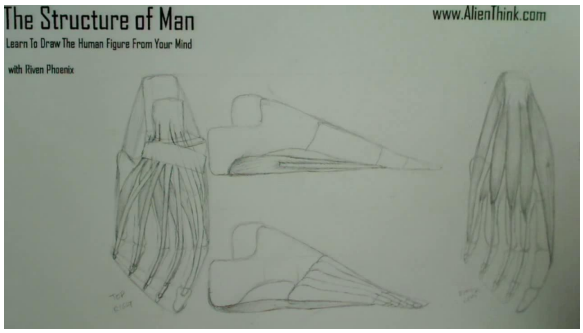
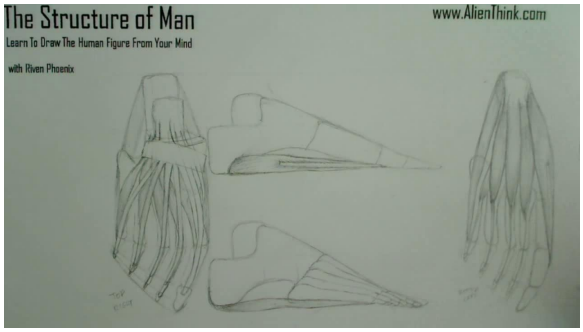
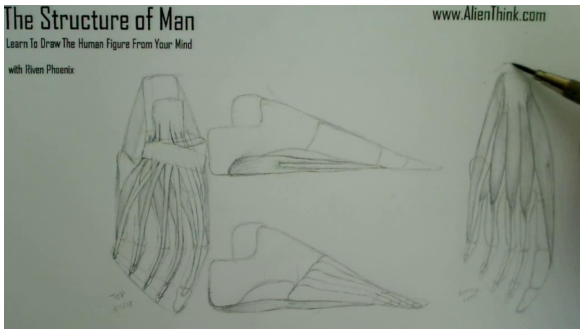
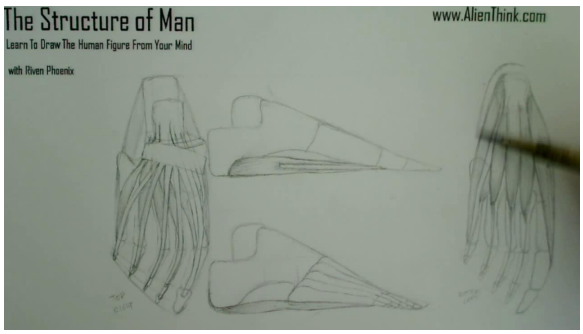
65		Okay? You should be able to see all this on camera here.
66		So what happens is that first, let's understand that what's going to happen is that your,
67		your, your fat system is really going to be coming this way over here, right?
68		And you're going to get these ideas here in surface anatomy from the outside, right?

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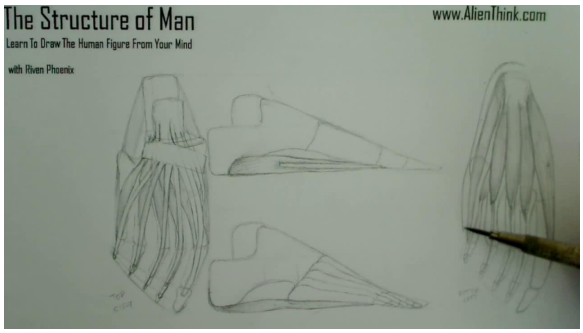
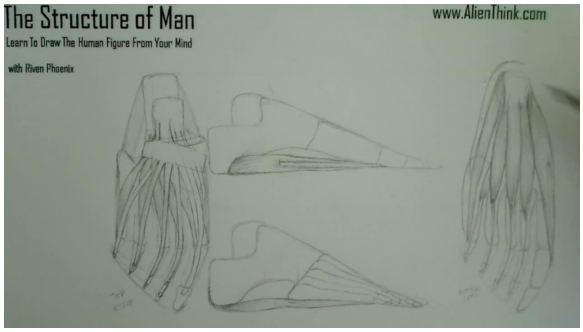
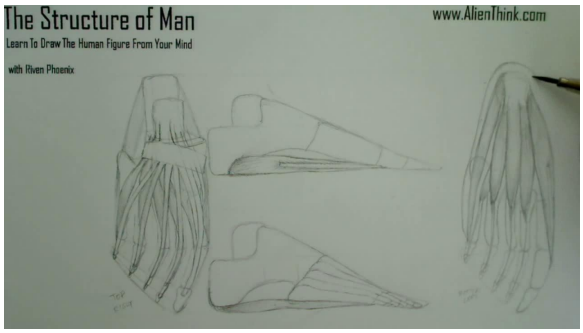
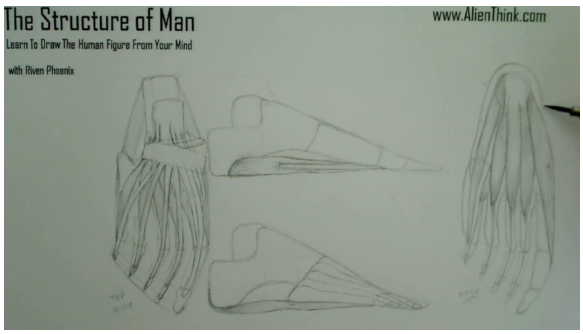
69		So it's just going to go in like this over here.
70		Does it like the outside of your foot?
71		And it's just going to go in like this in the heel, right?
72		Then it's going to be fat around this area over here just like this and where your stuff is here for the,

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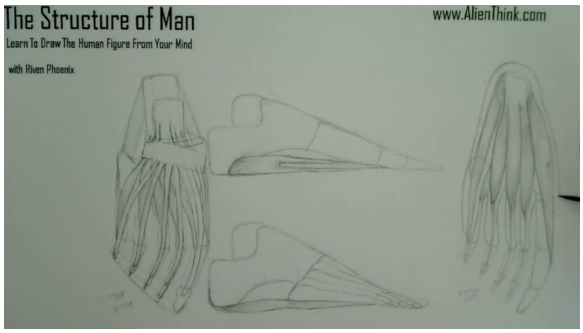
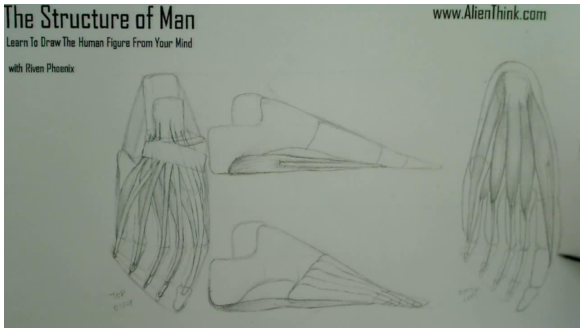
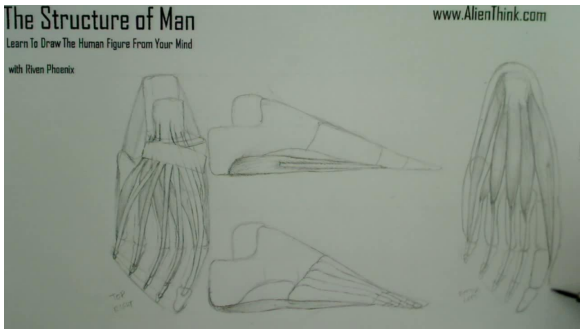
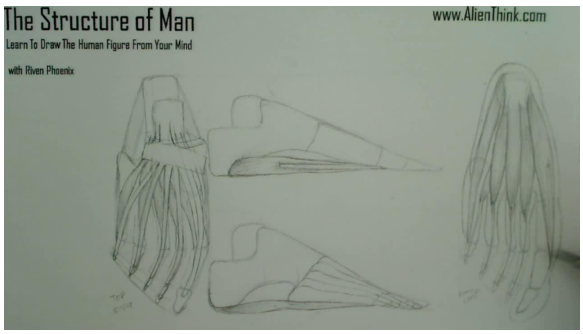
73		for the toe, you're going to get like these fat systems that are going to peak out, right?
74		And then you're going to start to, this is your, your big toe and it's going to be just like this, right?
75		You're just going to get like an idea here for the toe.
76		We're doing like the bottom of the toe here, right?

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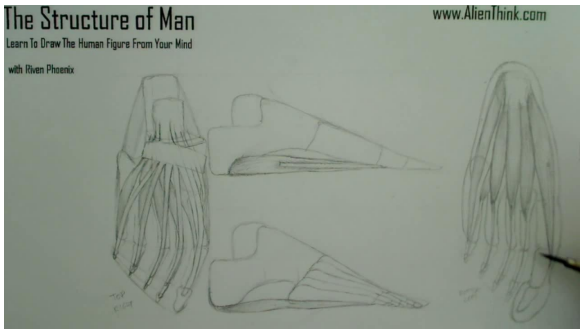
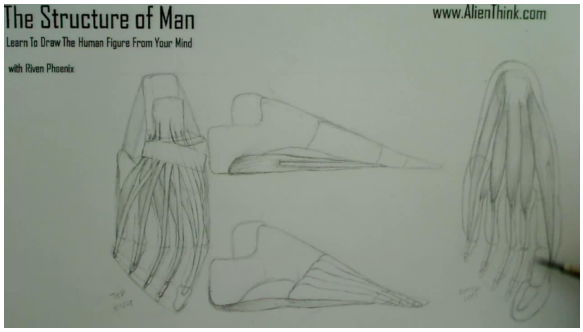
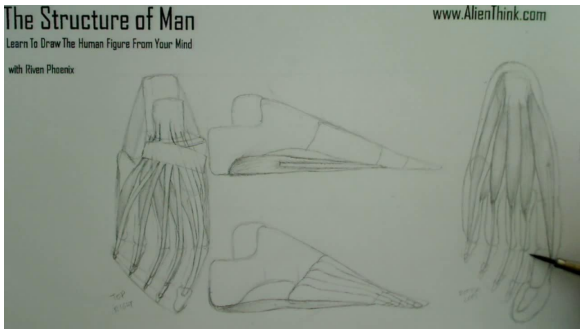
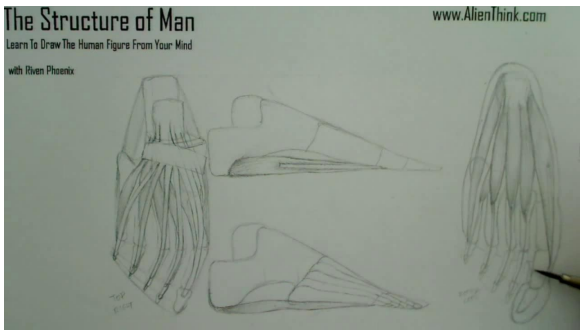
77		And he's just going to be like this over here.
78		So it's the same thing.
79		You're going to get like the web system over here just like you do in the hand, right?
80		So to draw this out a little bit better for some,

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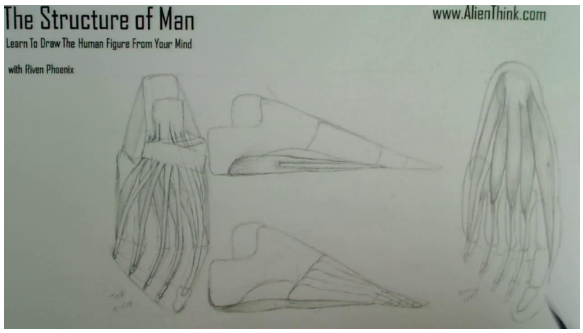
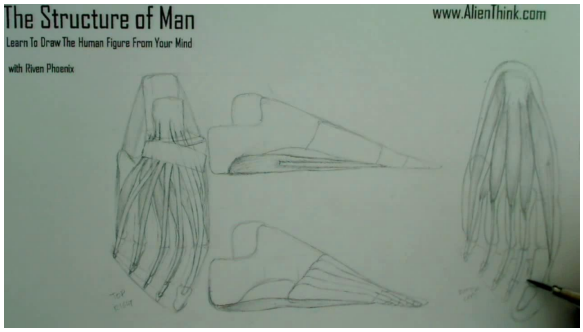
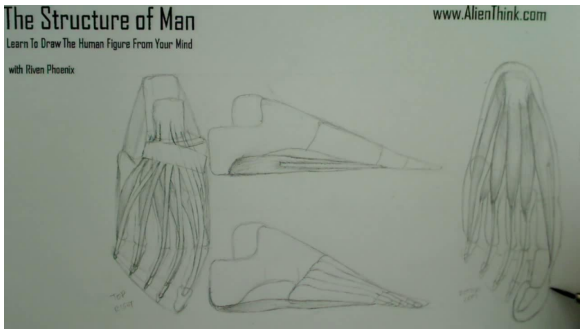
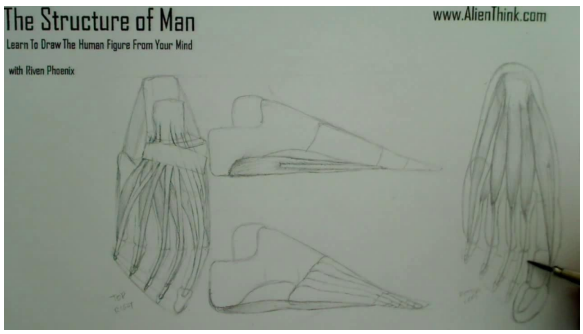
81		first I'd like to always concept you, we get the idea down.
82		And I just come back with the eraser. That's what I'm showing you that you have to be comfortable with your drawing process.
83		That's the key idea to this.
84		That's what's causing the oldest successful drawings to come out in this entire course.

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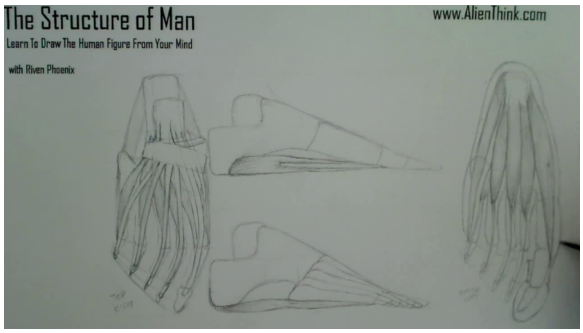
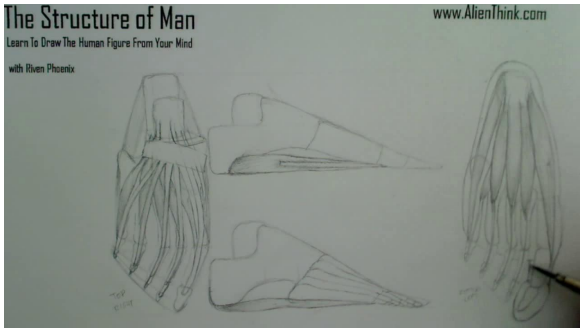
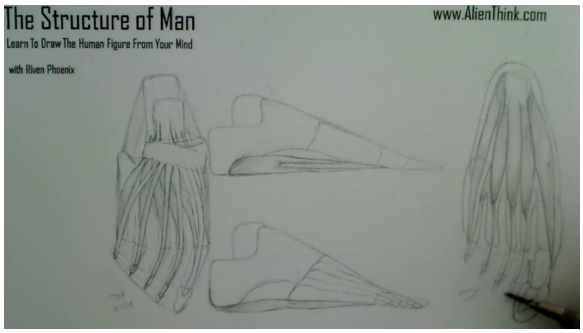
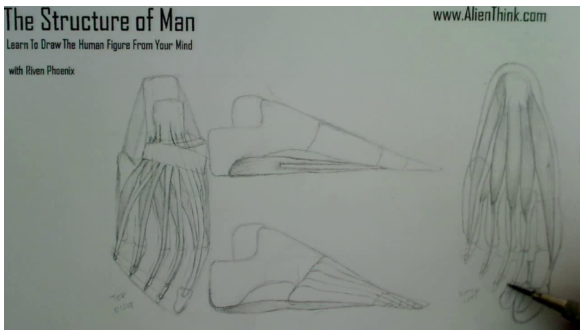
85		It's that's one of the biggest proofs of that concept.
86		So what's going to happen is just basically it's the same thing over here.
87		You're really going to get like these ball shapes here for under your finger.
88		And these are just going to be fingers.

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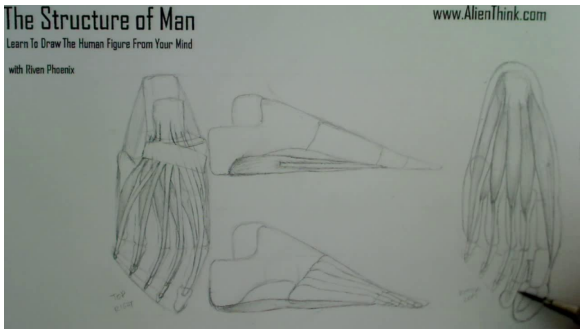
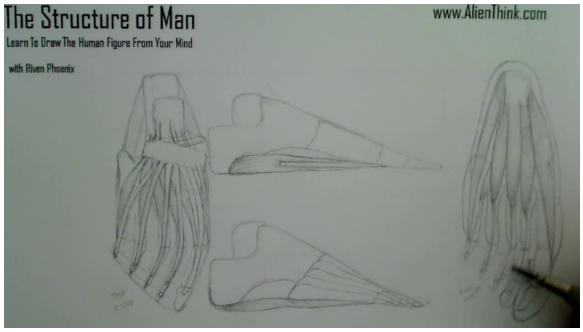
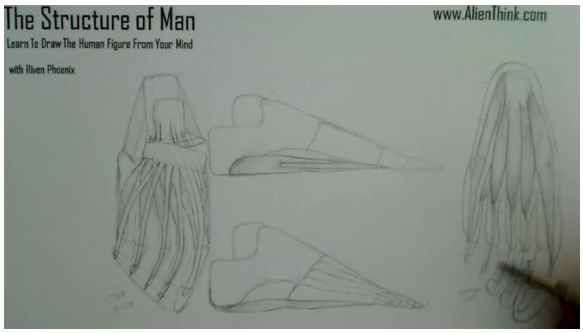
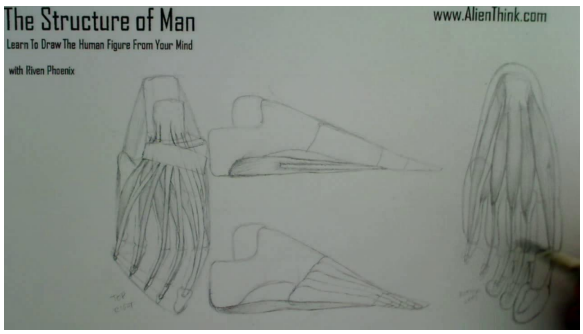
89		The fingers you can just look at your foot to understand that there's nothing to this.
90		We just know that you're going to get like this ball shape here because the way the finger is designed.
91		And this is just going to come like this, right?
92		It really depends on the different types of feet that you're going to draw based on your character.

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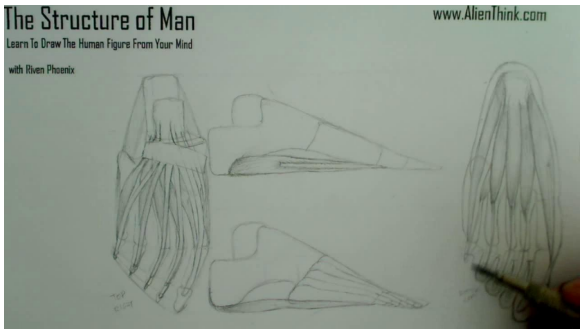
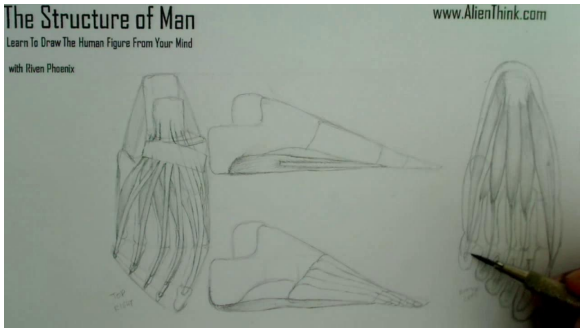
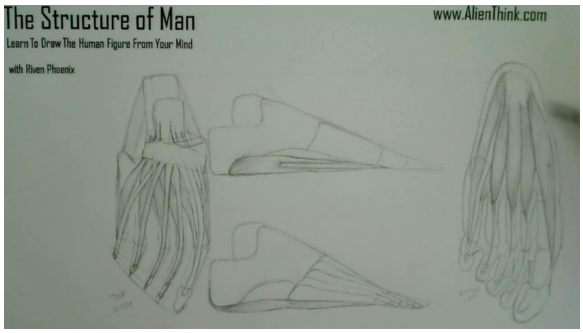
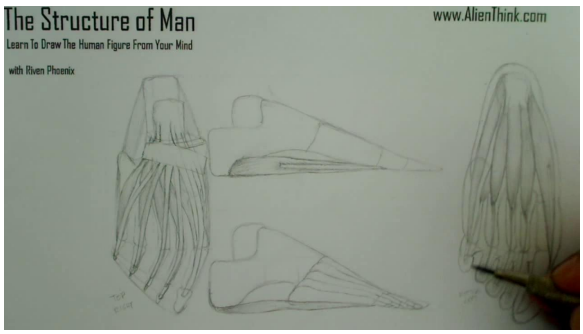
93		So this small one usually is pointed more towards this area over here,
94		but it goes to show you how we have just conceptually understood the foot to what's going on in the bottom, right?
95		What causes these shapes to appear?
96		Okay, so now we can look at the

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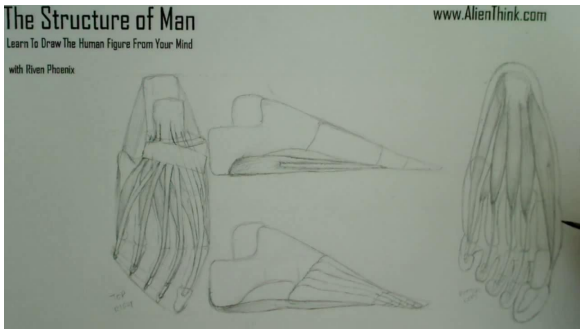
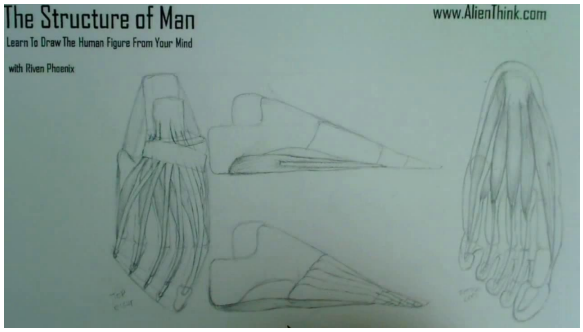
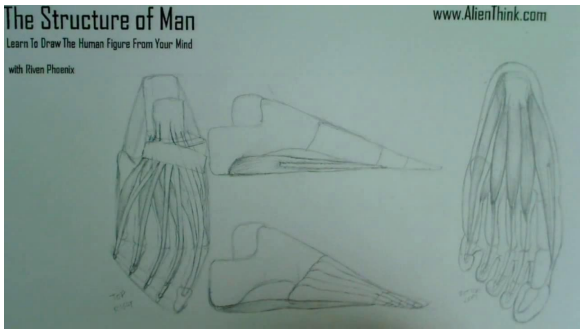
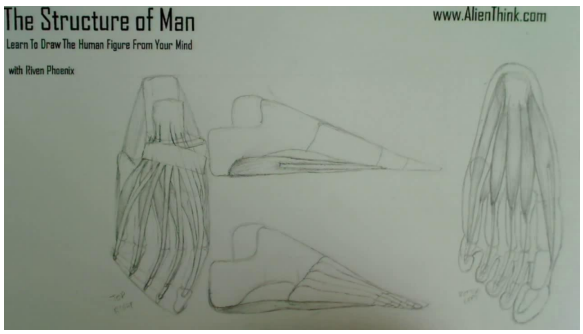
97		foot form. Let's say the side.
98		Let's look at the side of the foot to understand what we can get out of it.
99		Okay, so the side of the foot.
100		It's really going to be the same thing.

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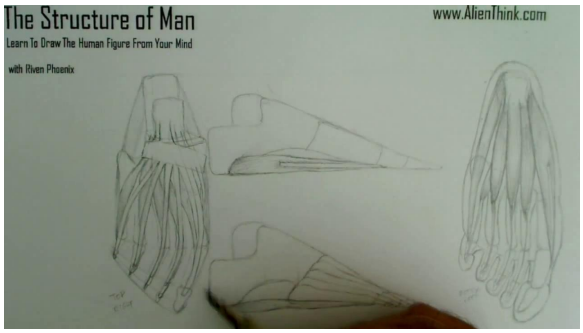
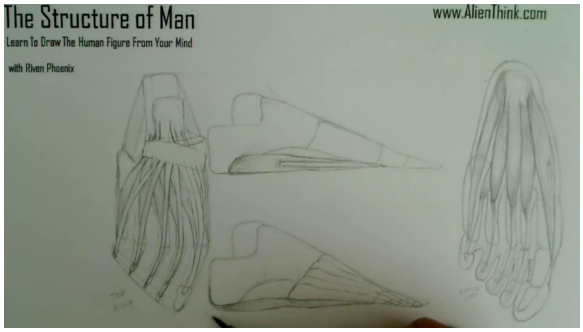
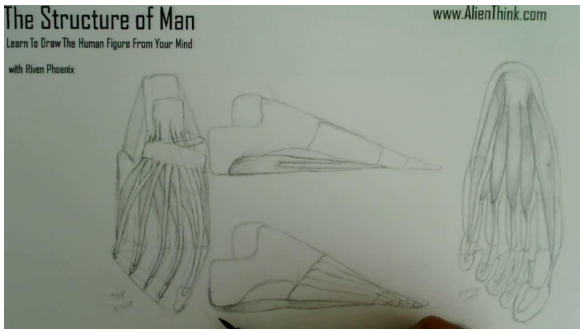
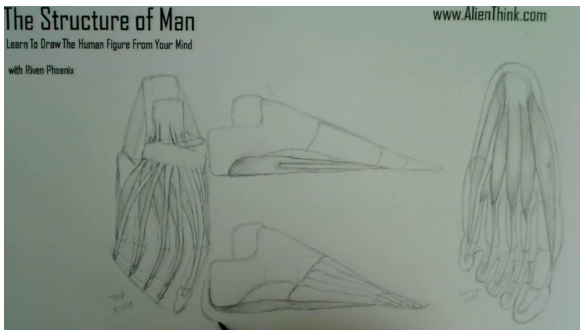
101		So we know that, okay, well, what I'm going to get is these lines over here because of the fat system
102		that's going to be in place over here, right?
103		So to understand this, what's going to happen is that I'm just going to get basically the same thing.
104		He's just going to go kind of like under here.

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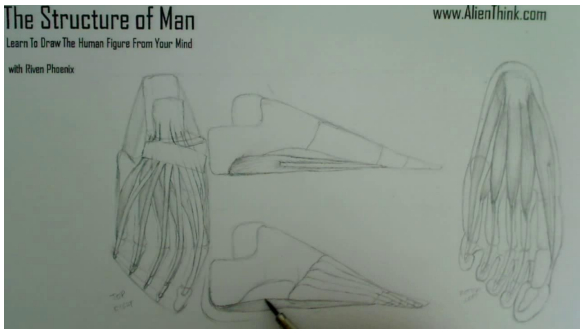
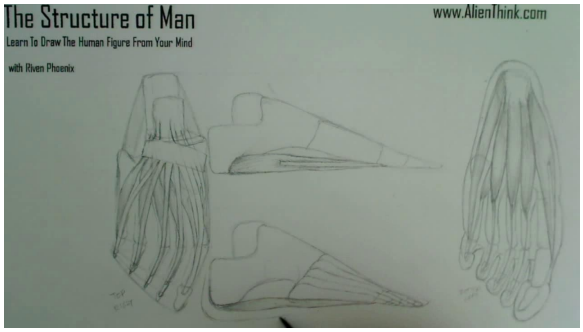
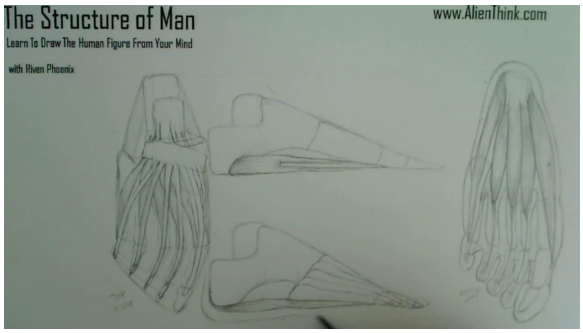
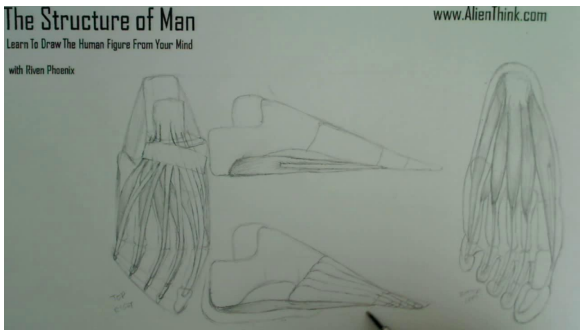
105		Remember this guy is going to make an impact on surface or not.
106		I mean over here, meaning that's just going to be like a little bit on the side over here.
107		And basically this is going to be very simple.
108		We know exactly what's going to happen over here.

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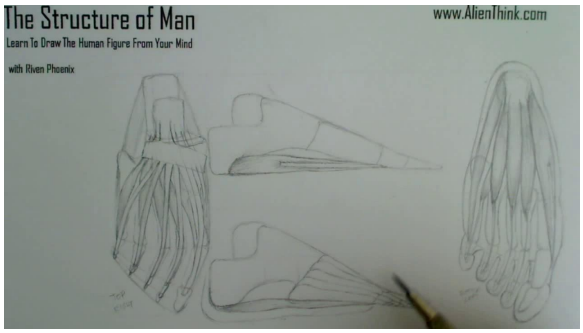
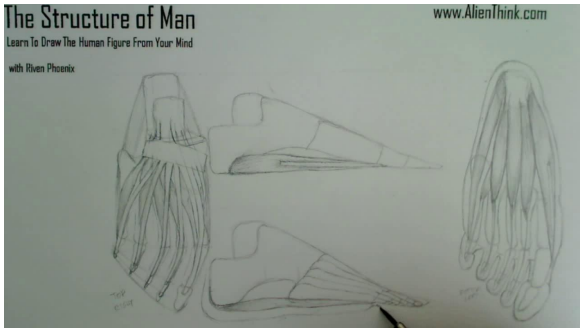
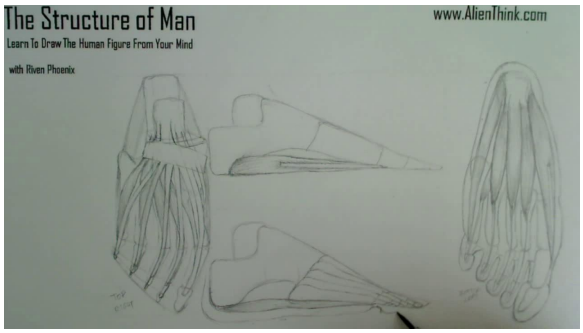
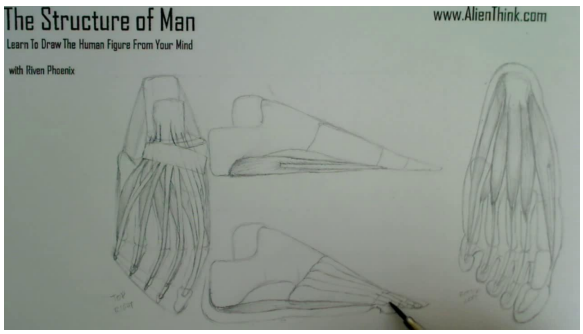
109		He's just going to be like this and you're going to get your small toe.
110		To be like this, right?
111		It's going to come in a little bit like this, right?
112		We know that it's like on an arch over here, right?

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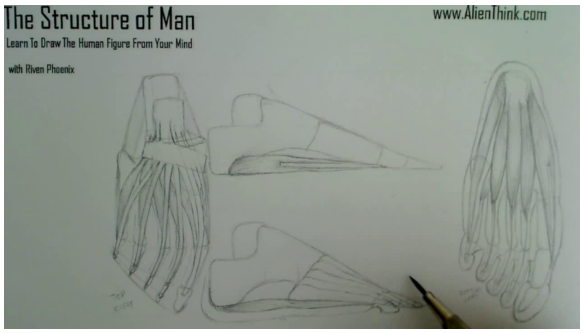
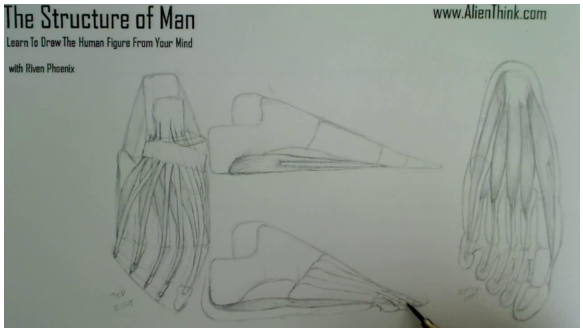
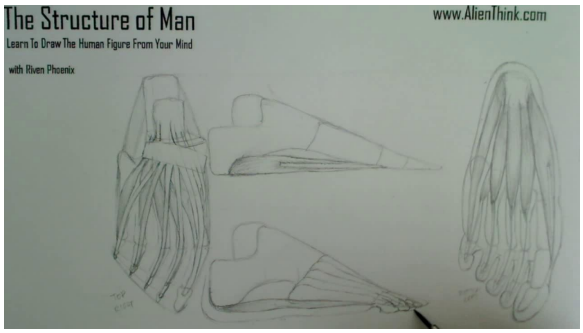
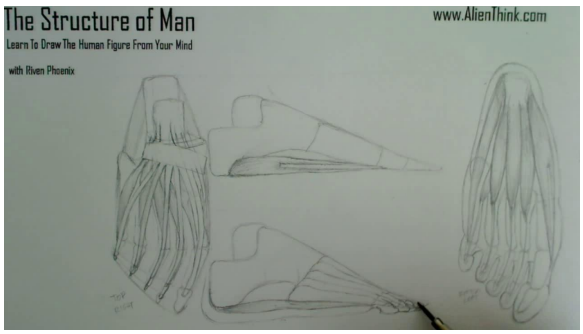
113		So and that's what's going to happen to the rest of your fingers.
114		They're just going to be like on this step that we get with these fingers.
115		They're just going to go like this.
116		You're going to get that and then of course for your thumb,

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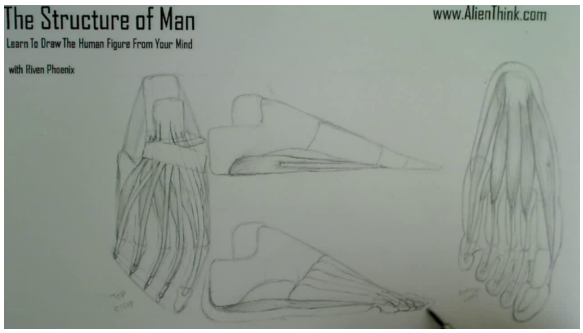
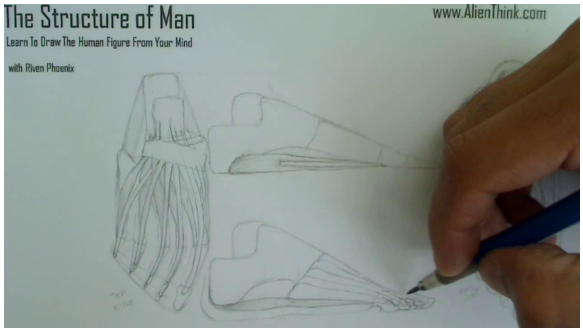
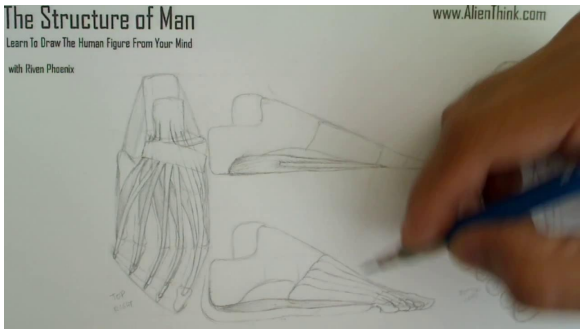
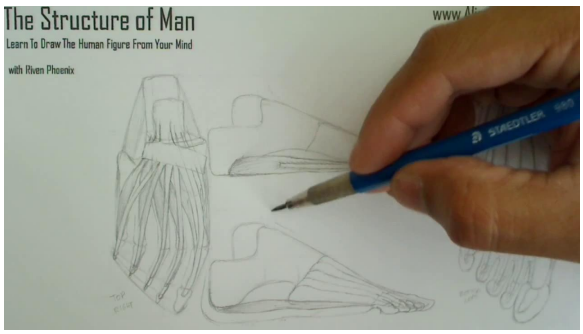
117		it's just going to come out this way for your big toe.
118		I mean, and it's just going to be like this.
119		And of course over here is just going to get like this.
120		Over here is going to be the connection.

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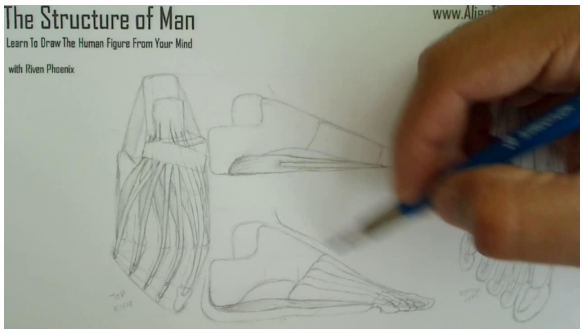
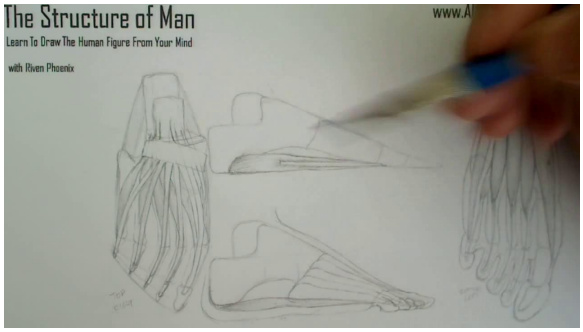
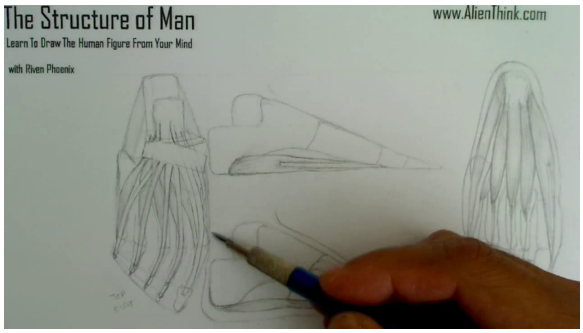
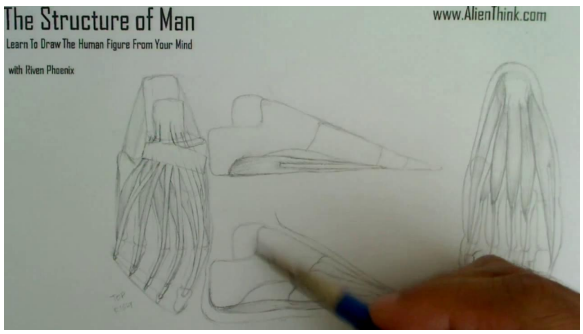
121		You're going to get like this fast system.
122		And it's going to go in place over here, right?
123		And this is just going to go over here.
124		And then you know that, okay, for the,

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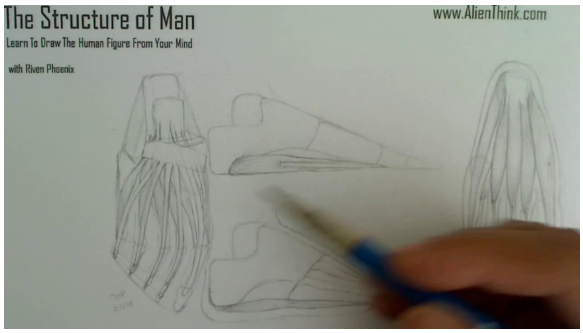
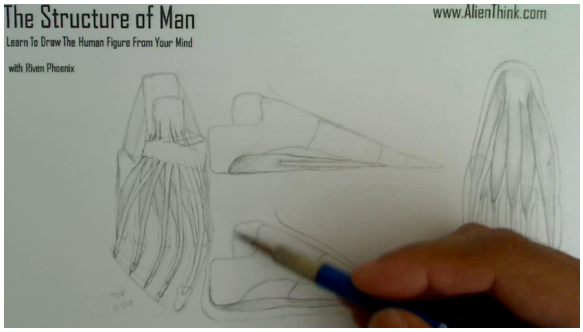
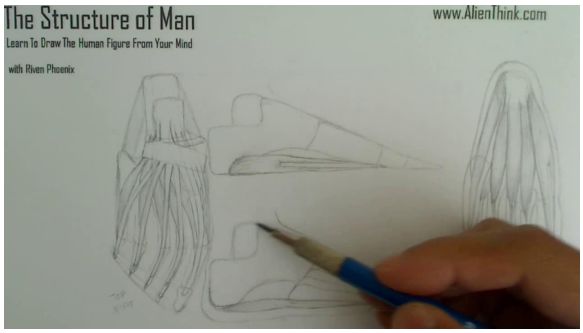
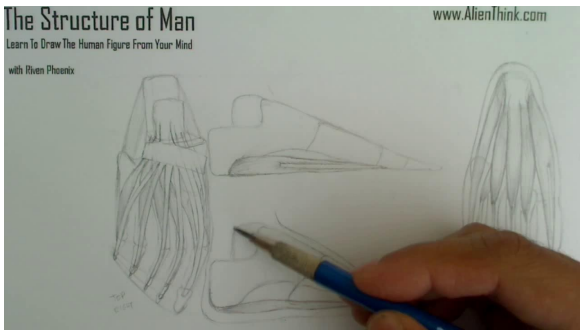
125		you're going to get the,
126		the, the fibula, right?
127		Here's where the whole thing is going to connect.
128		So you know that you're going to get the fibula about here.

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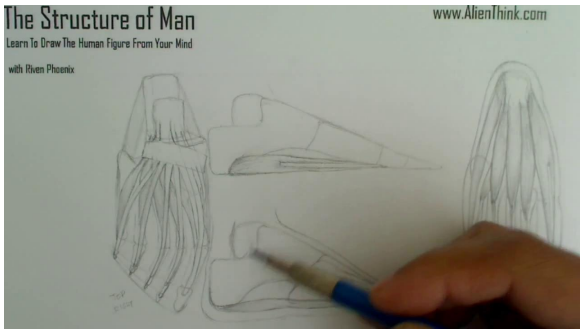
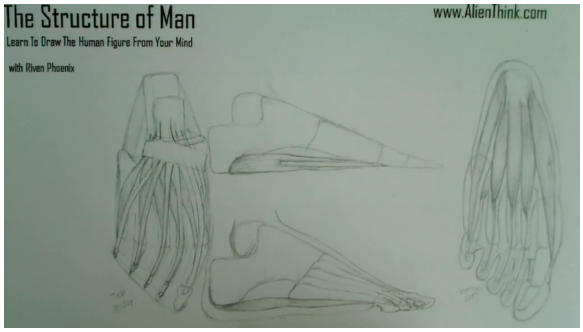
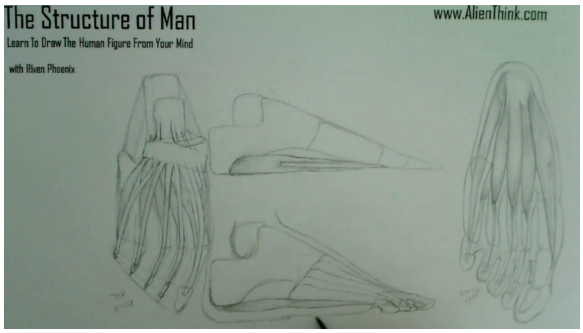
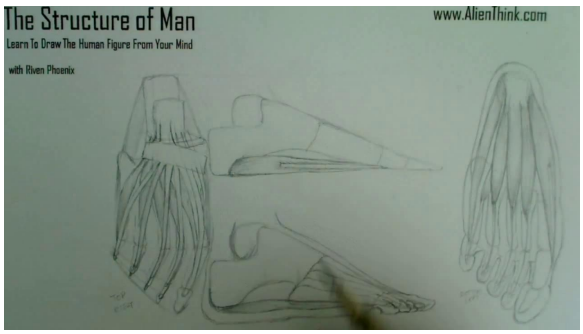
129		So you're going to get your ankle over here like this, right?
130		That's all there really is to understand about the,
131		what's going on with the foot from the side, right?
132		So from this end over here,

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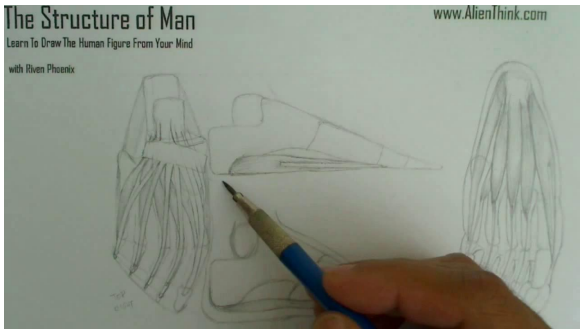
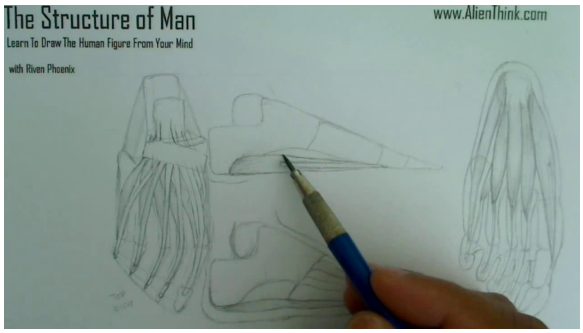
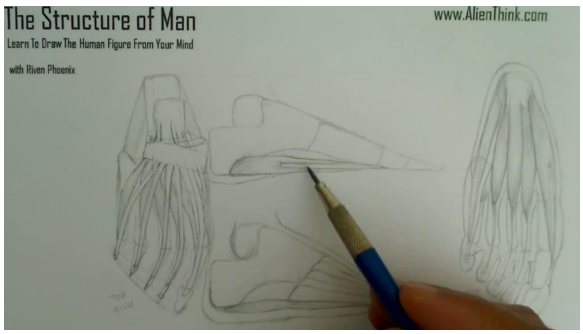
133		it's going to be the same thing.
134		You're just going to get, you know, about this arch system here.
135		So you know that it's going to be a little bit of arch.
136		And even in the surface anatomy,

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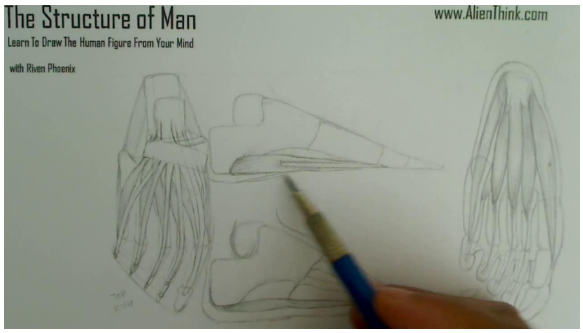
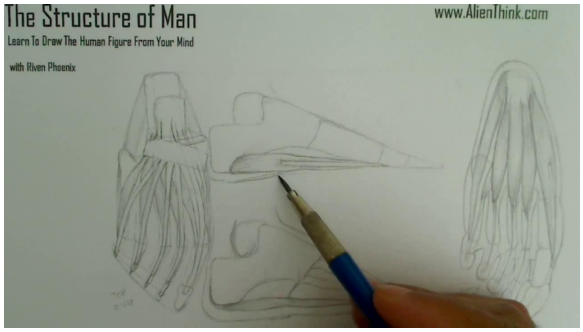
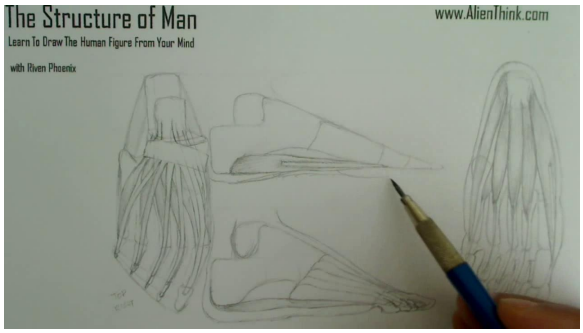
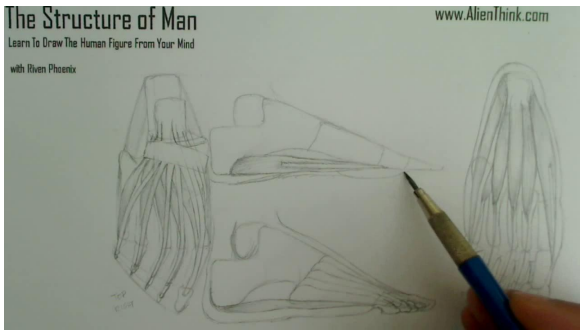
137		it's going to go like this at least.
138		And you're going to get this area here to stick out more over here.
139		And it's going to do the same thing.
140		You're just going to get your,

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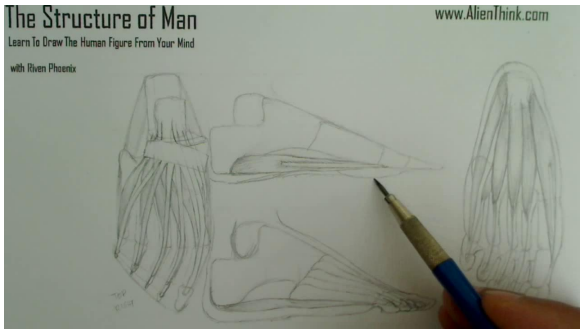
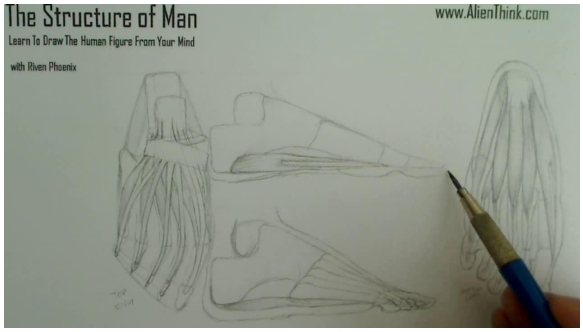
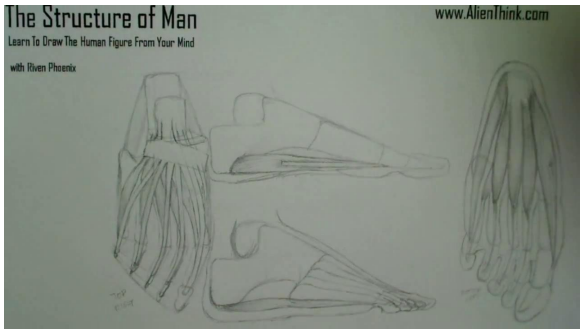
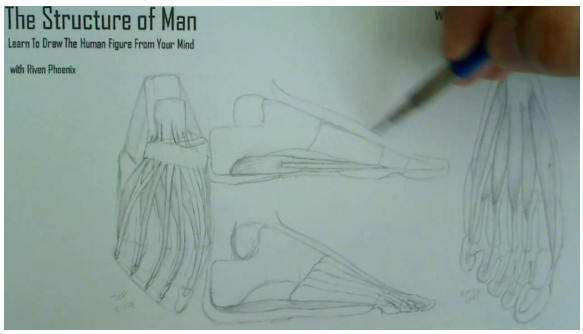
141		your idea for the toe over here like this.
142		And it's just going to be like this going up.
143		And it's going to do the same thing going in this direction, right?
144		Very simple concept to grasp.

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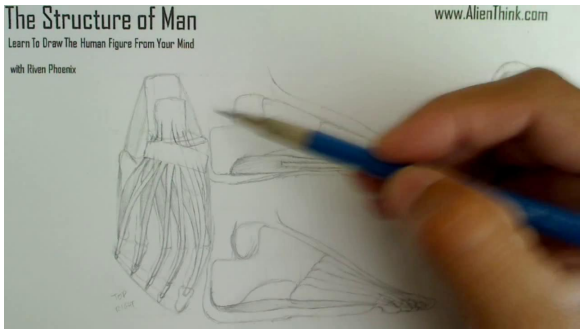
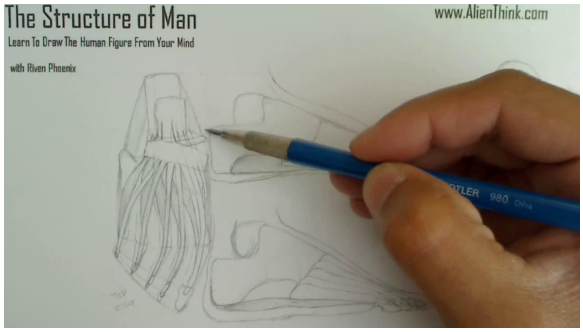
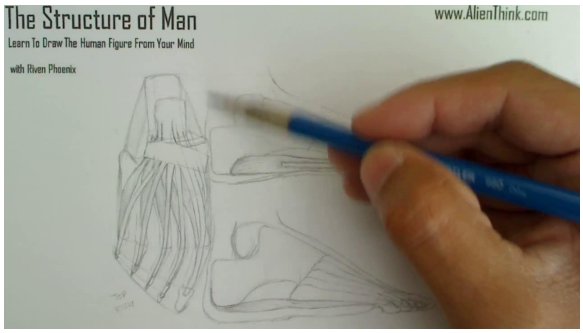
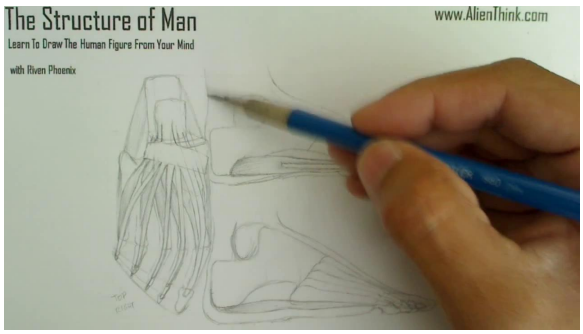
145		And over here, obviously you can see,
146		look at the heel, look at the back,
147		when it goes, how much space there is over here, right?
148		Because your tendons for your calf muscles are all coming in here.

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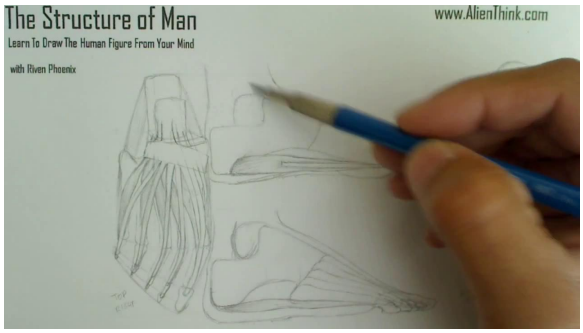
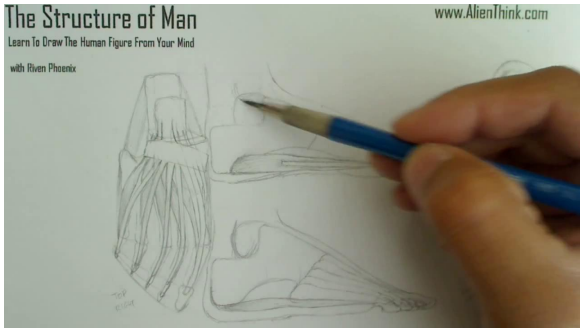
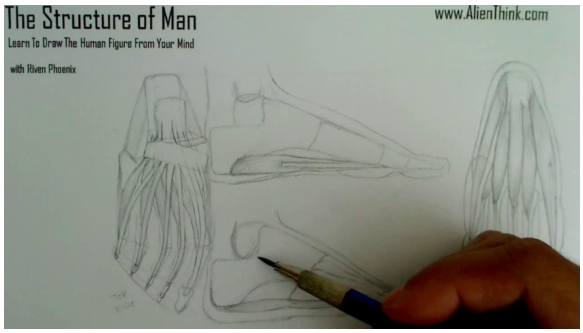
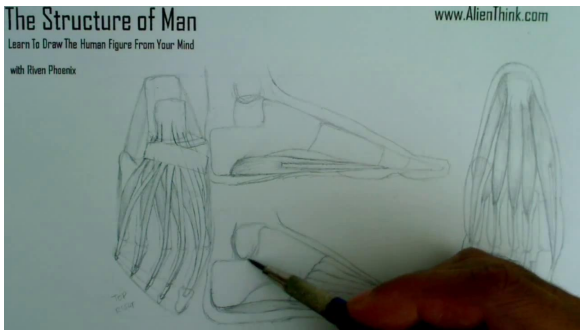
149		And we know that the tibia is not going to be here.
150		So look how up it is and look that over here,
151		when we get to this point,
152		it's much more lower.

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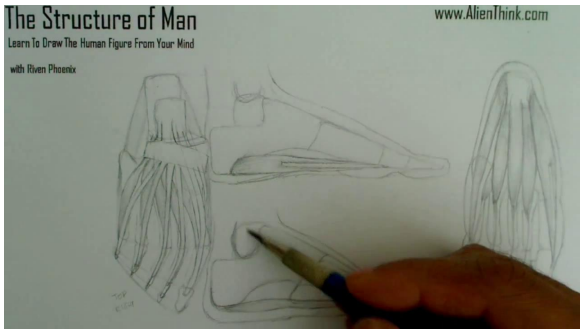
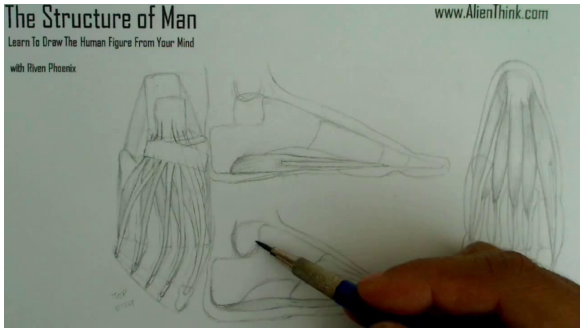
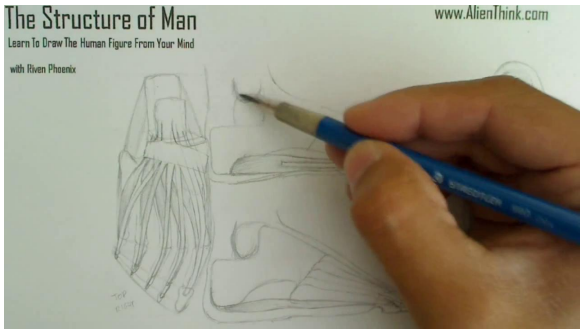
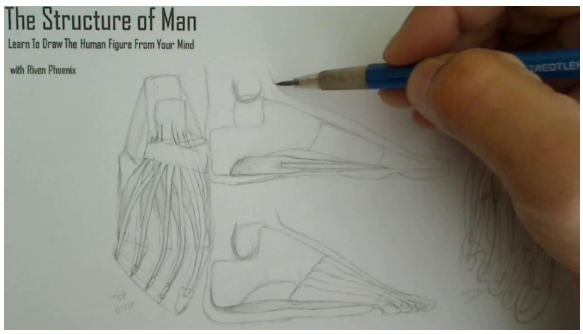
153		Look at the differences right here.
154		And this is more up here, right?
155		For your ankle.
156		So that goes up there like this.

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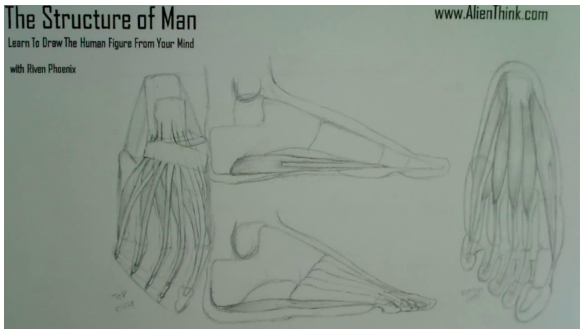
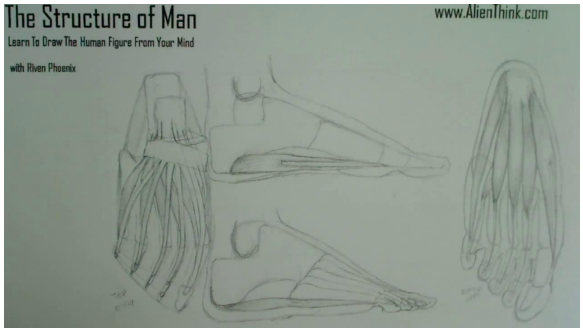
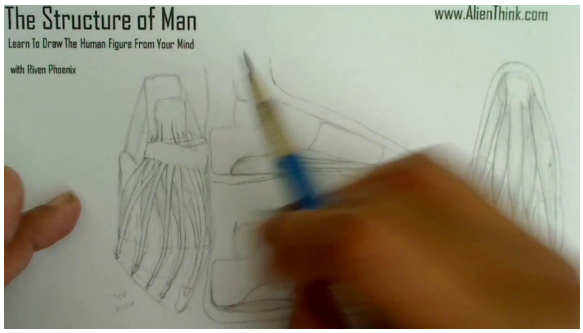
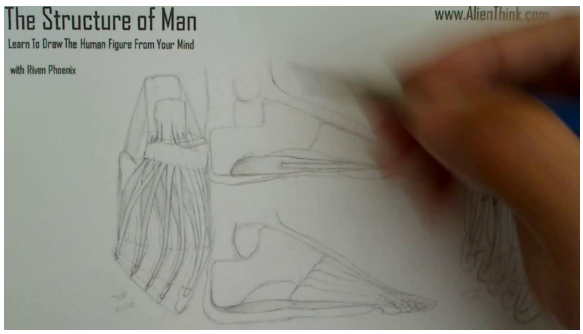
157		So here,
158		I'm just going to erase some of this stuff here.
159		Make it look a little better.
160		Right.

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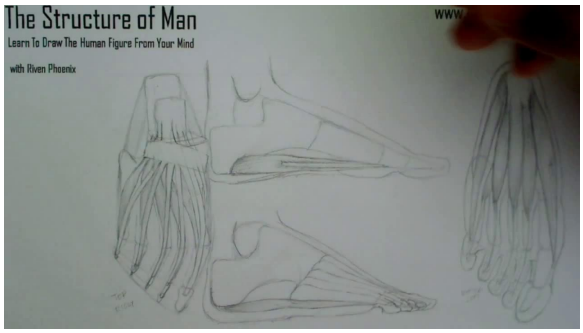
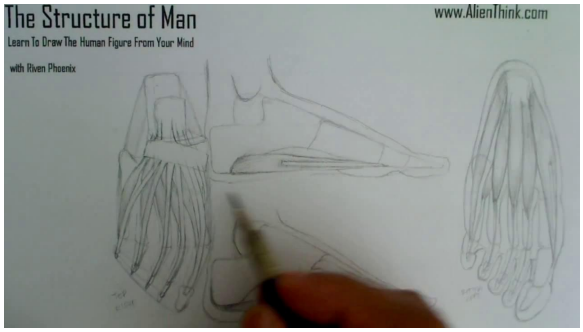
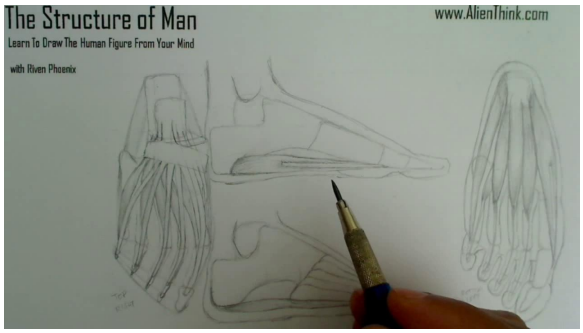
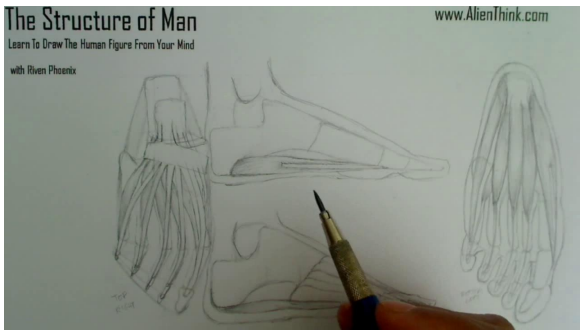
161		You can begin to understand how what's going on with this stuff here.
162		Okay.
163		Okay.
164		So for the top of the foot,

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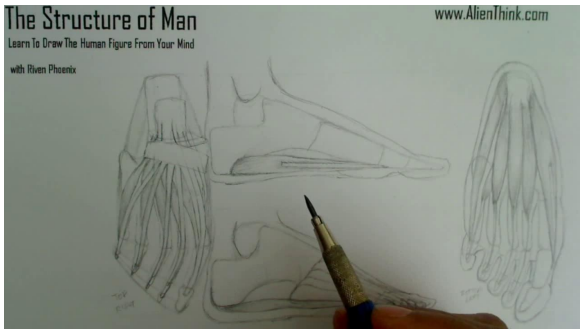
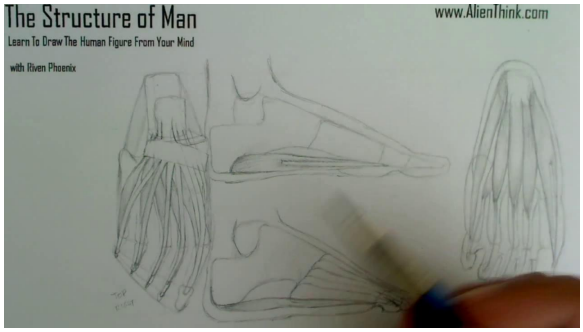
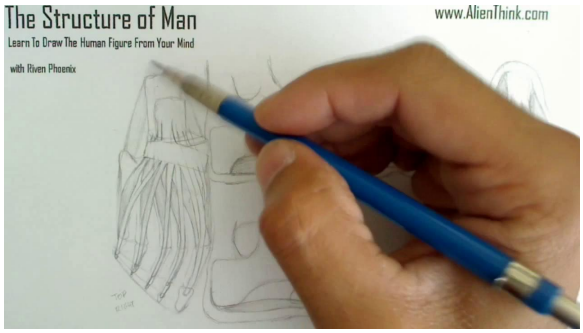
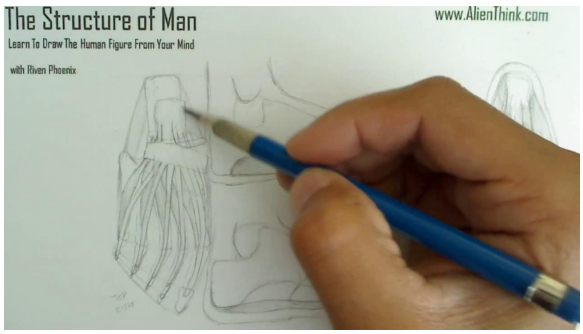
165		we can easily understand the top also by just looking at the bottom.
166		Right.
167		So what's going to happen is that you got to understand,
168		first of all, the tibia is going to be here.

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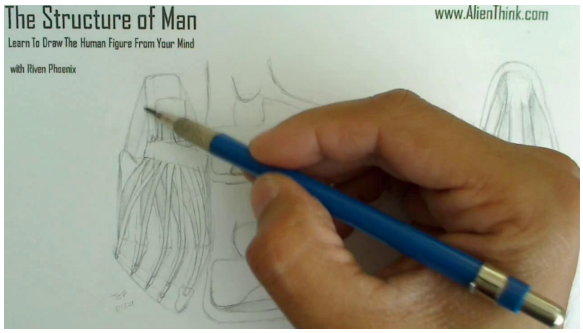
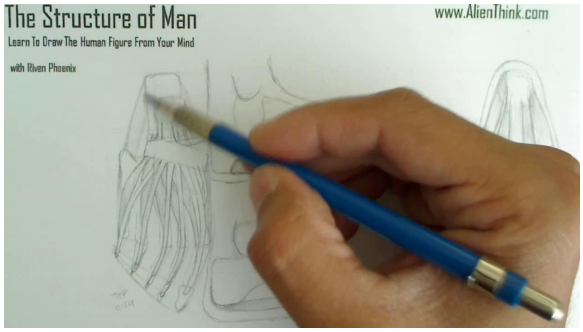
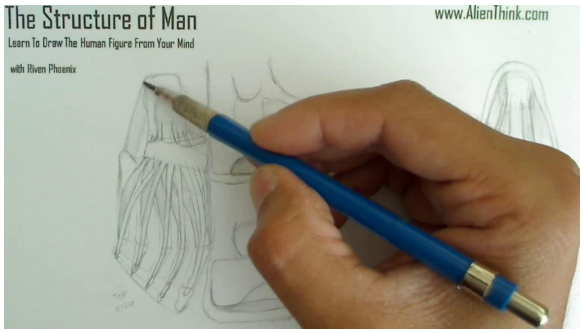
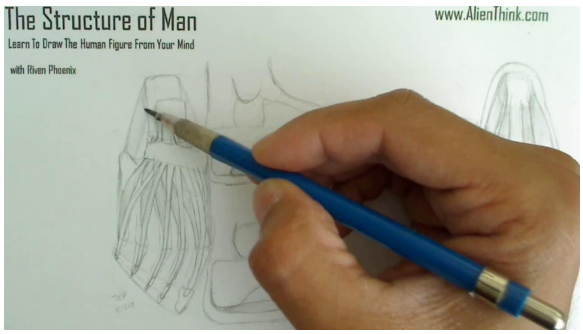
169		Then we know that, okay,
170		we're going to have the fibula over here.
171		Right.
172		So we're going to get like this area here for the ankle.

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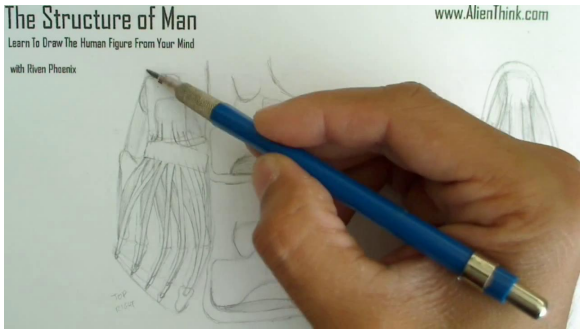
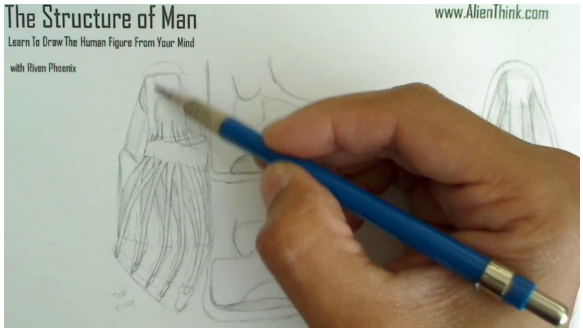
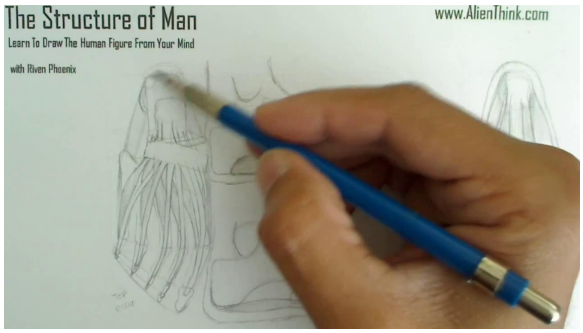
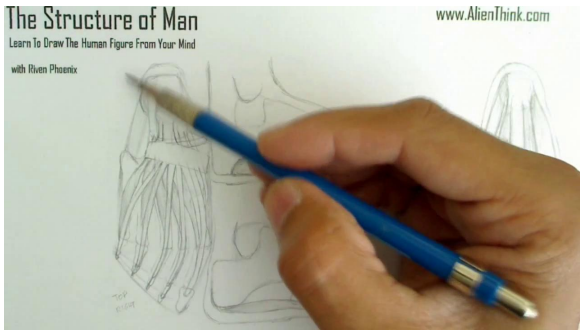
173		So we know that, right,
174		all of this over here really is just going to be just going
175		in this way over here like this.
176		Right.

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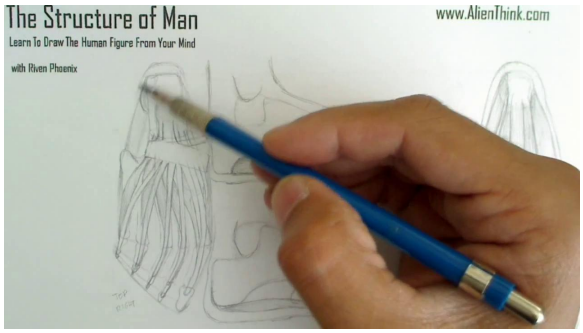
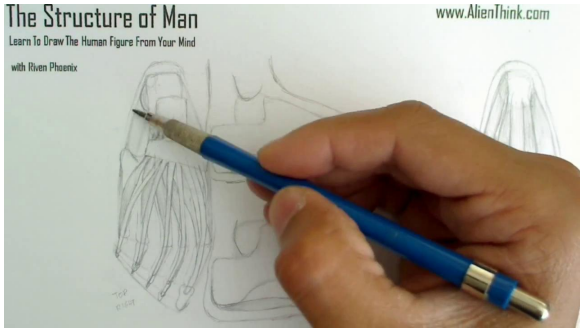
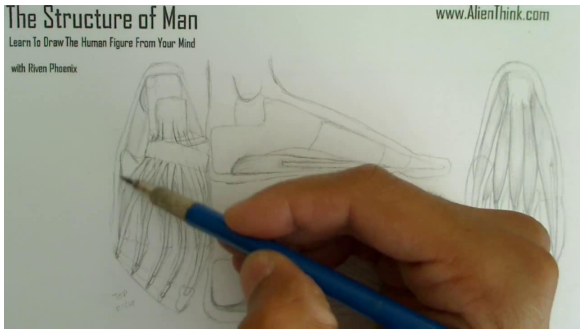
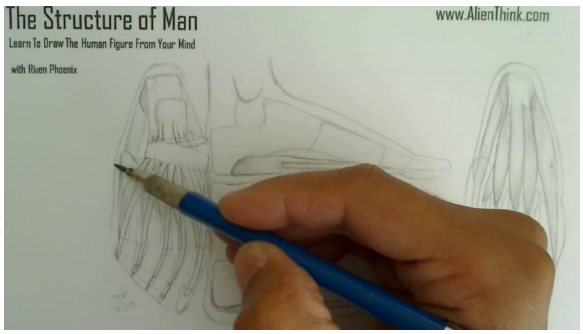
177		And then over here,
178		I'm just going to get the same concept over here for my...
179		Right.
180		This muscle here is just going to push it out a little bit.

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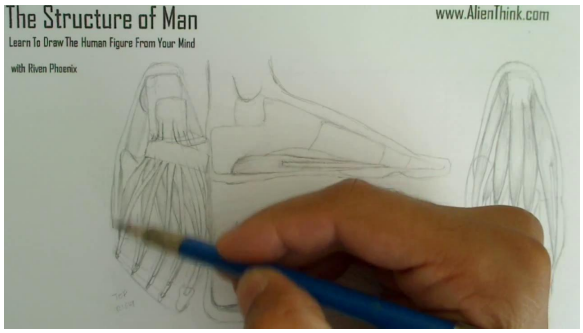
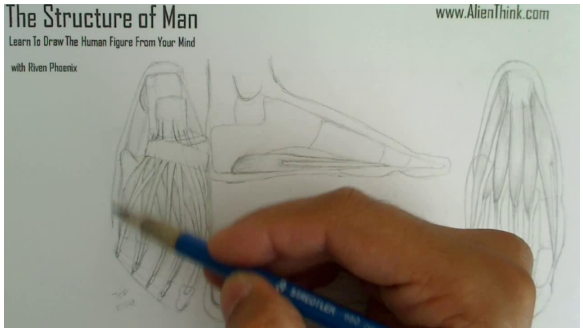
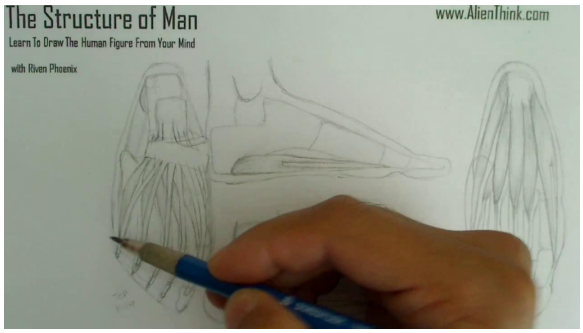
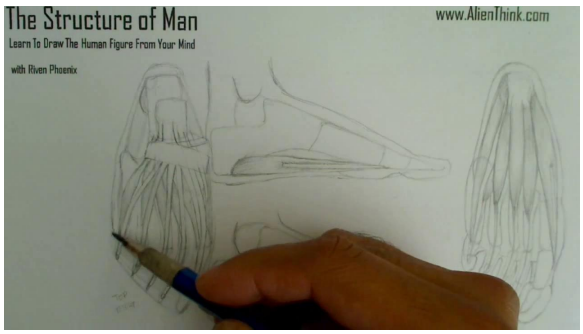
181		So I'm going to get like this bump over here for the top.
182		Right.
183		I'm going to get this bump.
184		And then over here,

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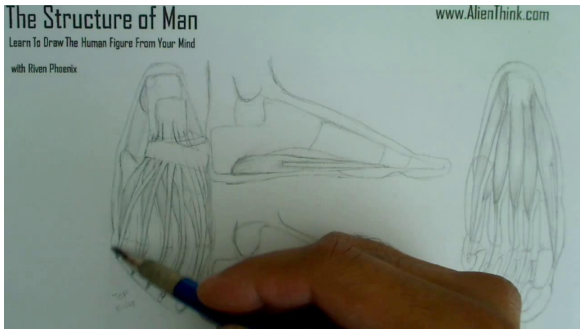
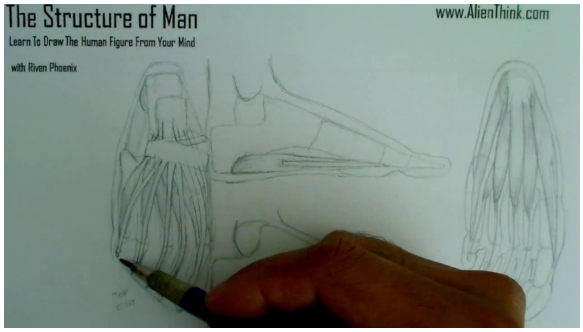
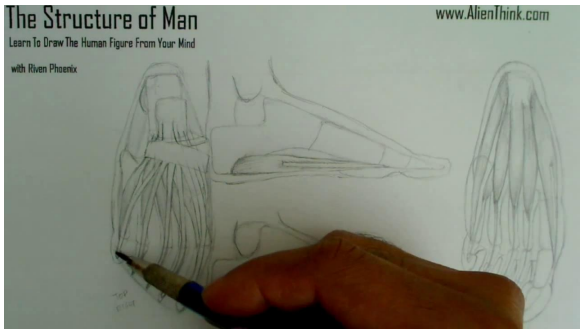
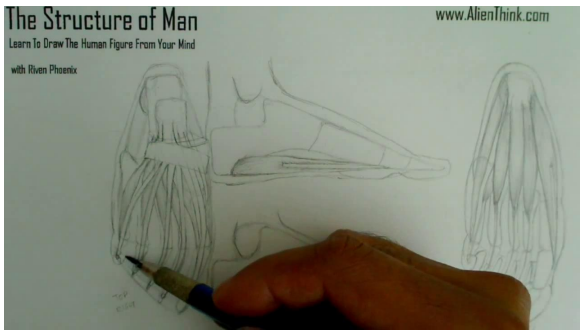
185		I'm just going to get like this step over here.
186		And of course,
187		we're going to get like the kneels over here.
188		And it'll be on its way.

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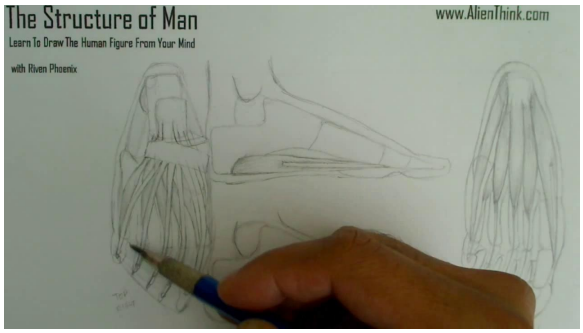
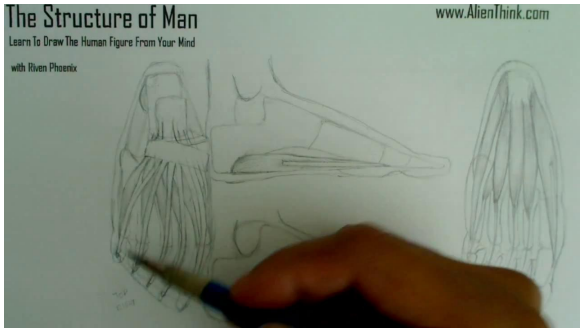
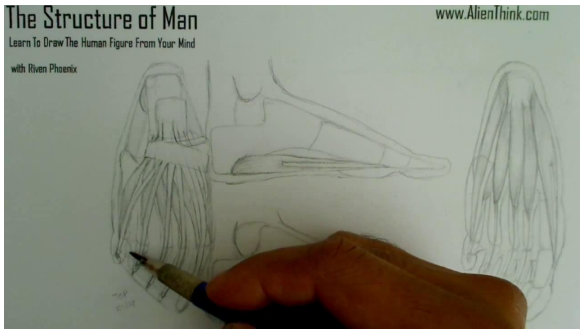
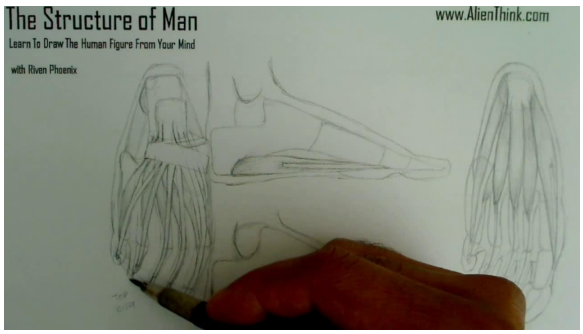
189		Right.
190		Just seeing concept.
191		Just think about how the fingers are.
192		And you can just look at your foot to understand this in more detail.

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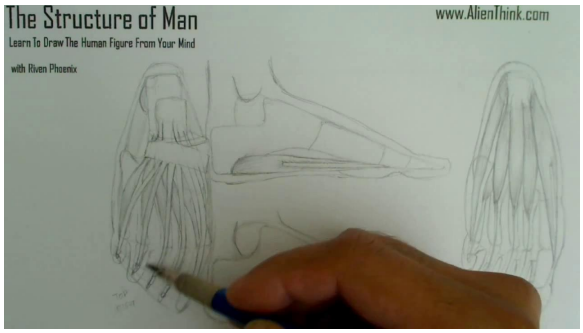
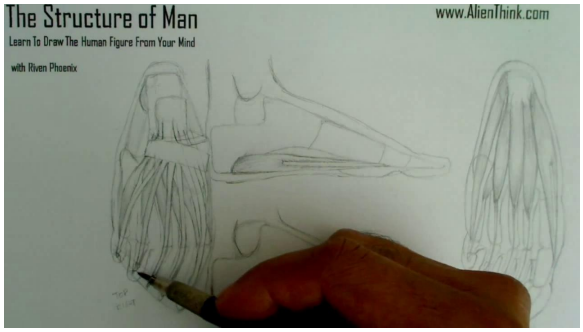
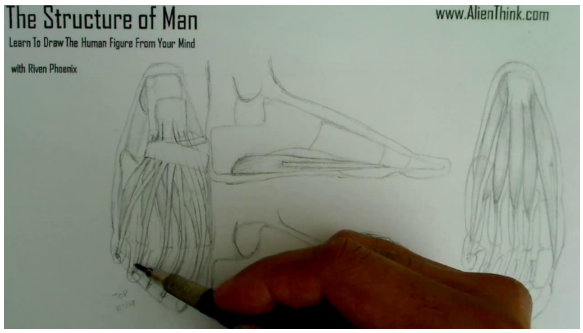
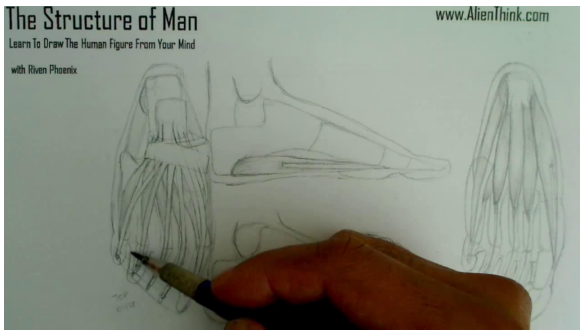
193		Right.
194		It's just going to be this.
195		And you know that over here,
196		it's just going to be a step.

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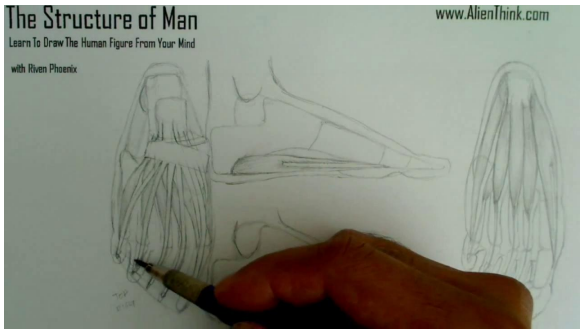
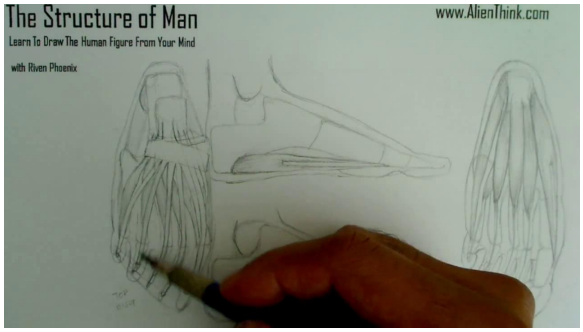
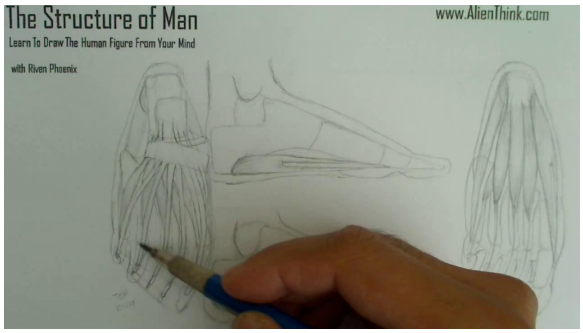
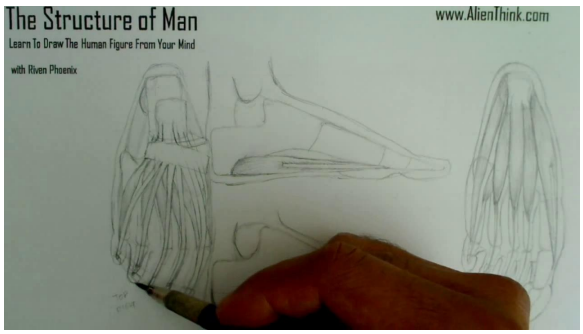
197		But there are three divisions here now.
198		Right.
199		Understand that there are three divisions.
200		And just the basic concept of this.

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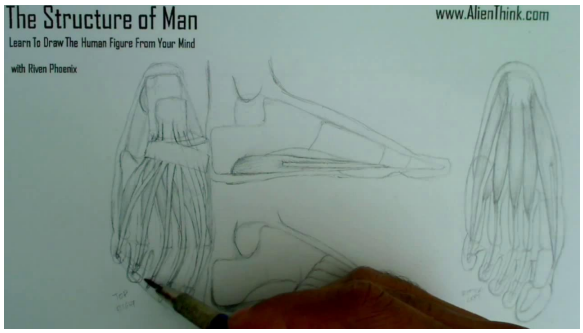
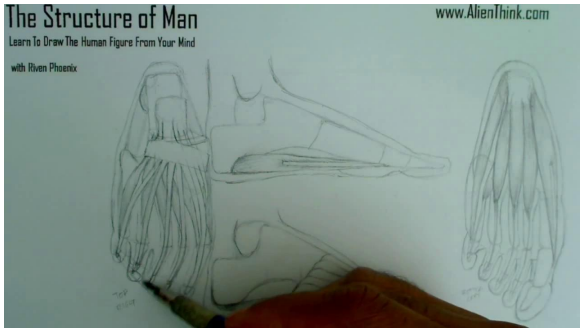
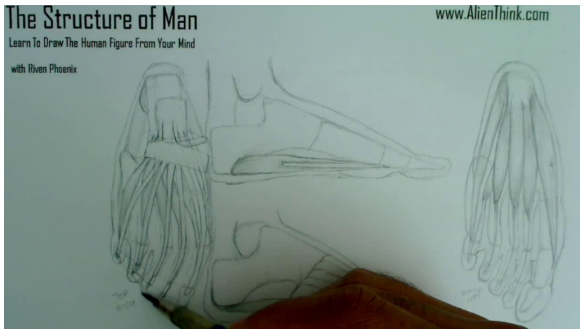
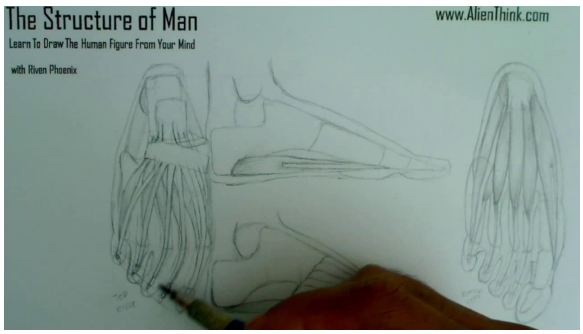
201		Right.
202		And you know that the ball shape is really on the bottom.
203		Right.
204		So here I'm just going to conceptually just put these ideas down.

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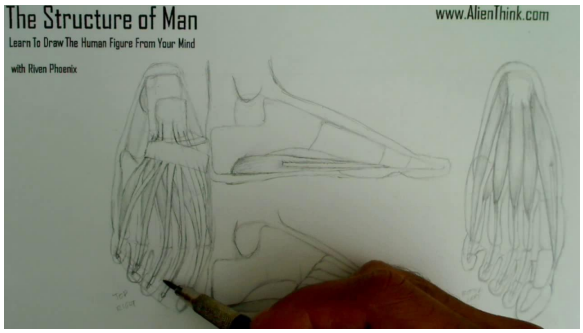
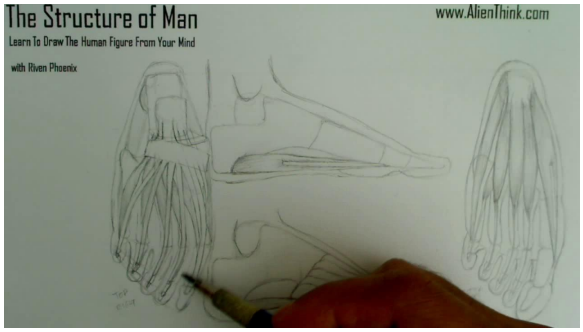
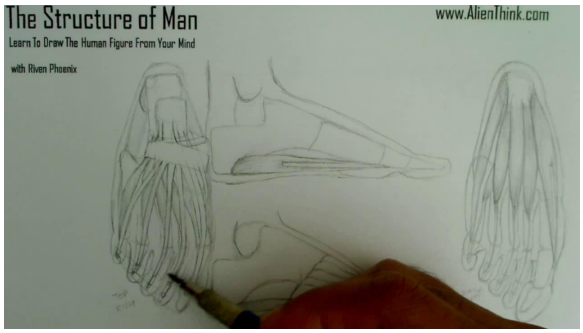
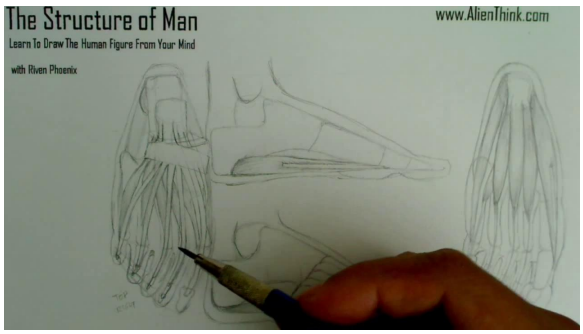
205		Because I think you understand what I'm getting at here.
206		And then this is just going to be going more in like this.
207		And this is the same thing you're going to get the web system
208		on your foot too.

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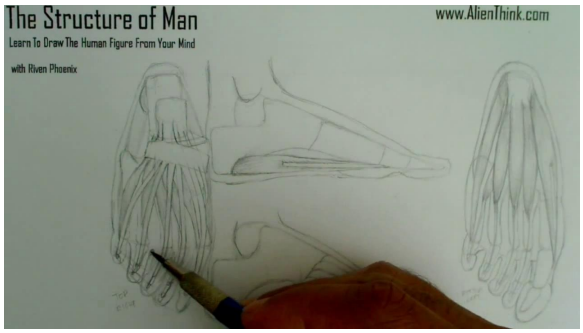
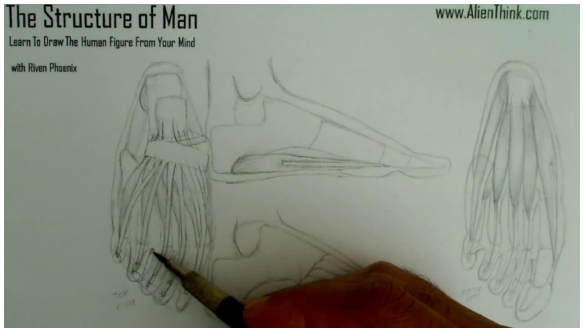
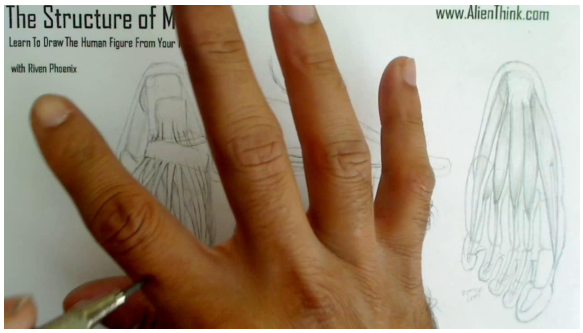
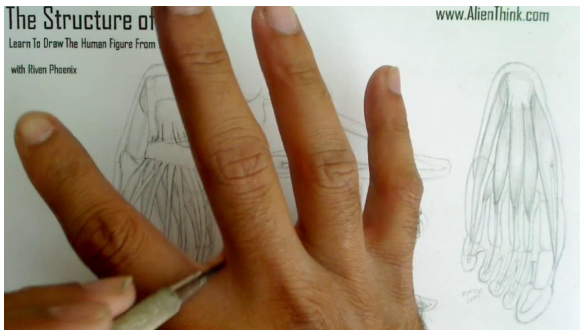
209		Right.
210		Just like we had over here on the hand.
211		The web system.
212		It's the same thing.

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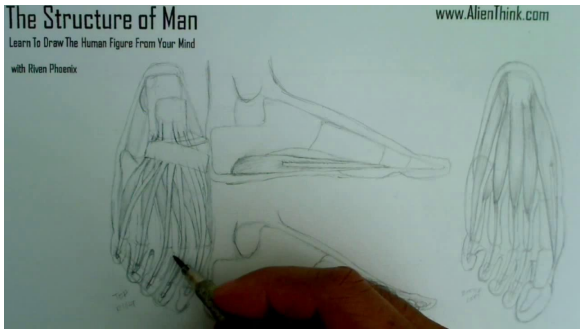
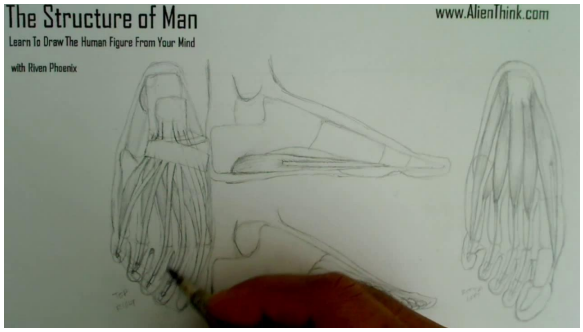
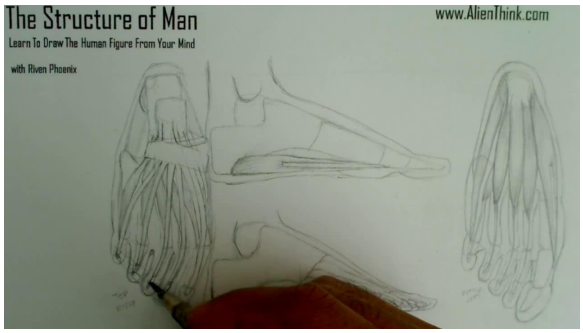
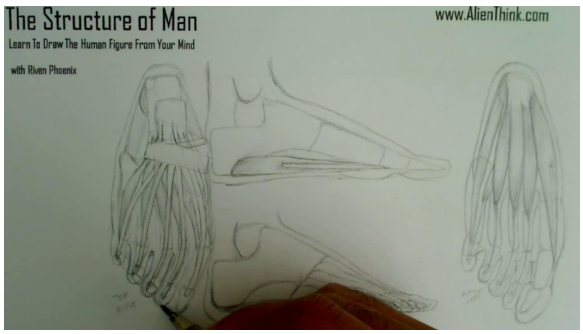
213		Okay.
214		So here I'm just going to put this idea out like this.
215		And just think about this a little more over here.
216		Right.

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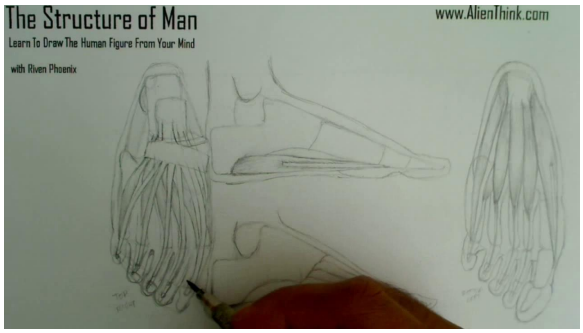
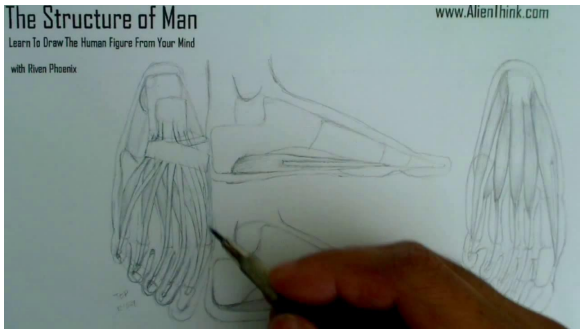
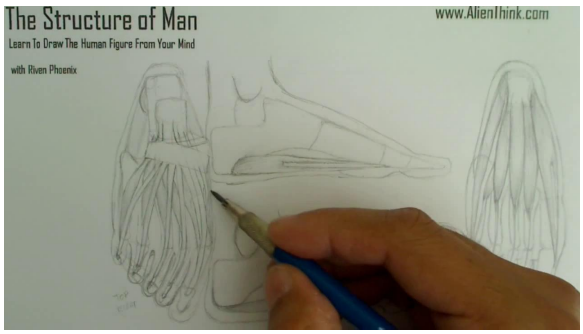
217		And of course, your toe is going to be here.
218		We can make this like a big toe over here.
219		Just like this.
220		And of course, over here where this is going.

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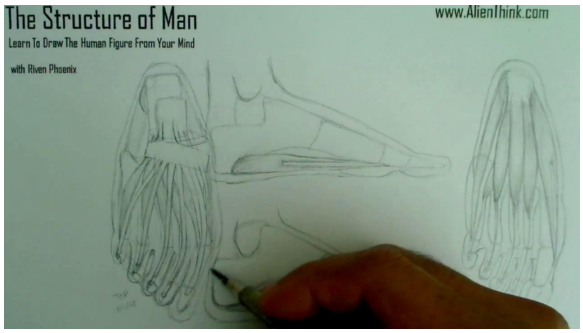
221		Just going to get your foot like this.
222		And you're going to get this idea over here.
223		And then you will just get into your toe.
224		Right.

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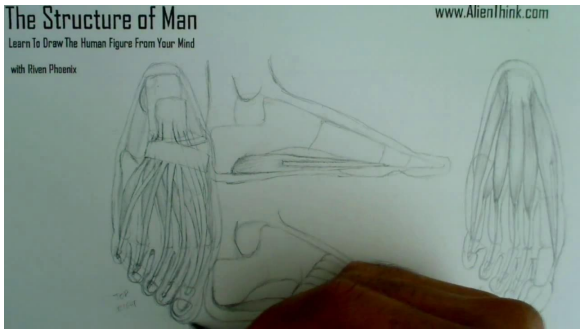
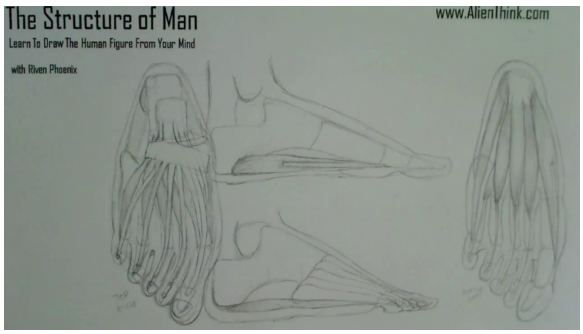
225		It's that easy.
226		And then over here we're just going to get the toe.
227		So here I'm just conceptually showing you how to understand this.
228		Right.

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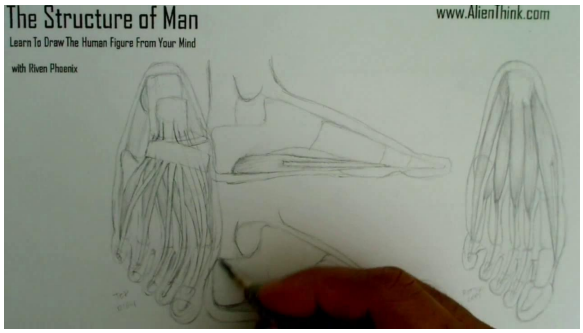
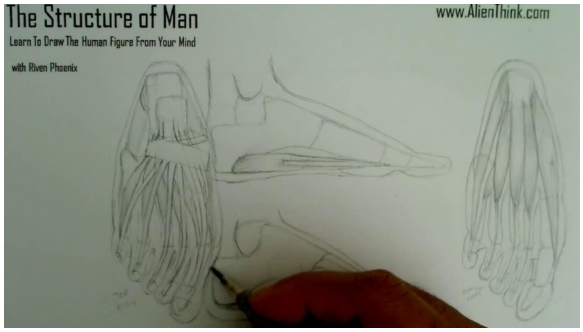
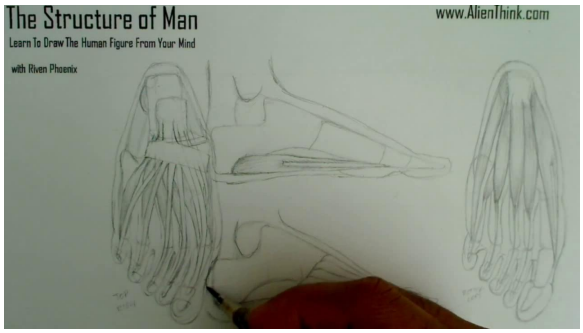
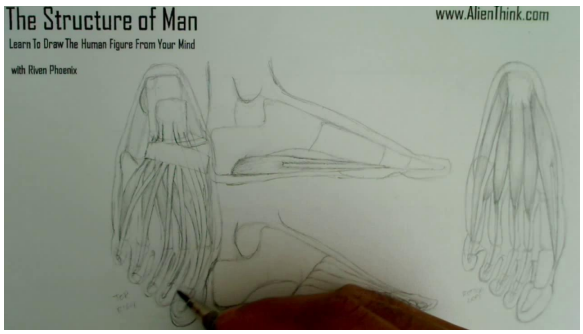
229		Okay.
230		So here I'm just going to get this guy over here.
231		I'm going to get my toe just like this.
232		I'm just going to make my own version of the foot again.

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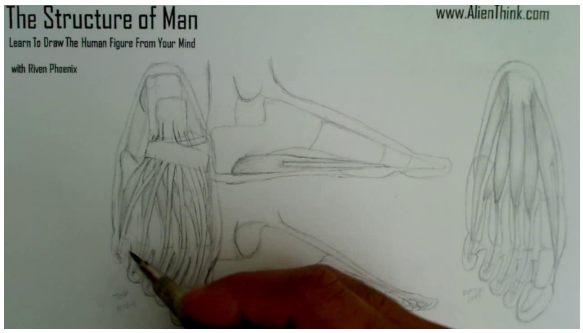
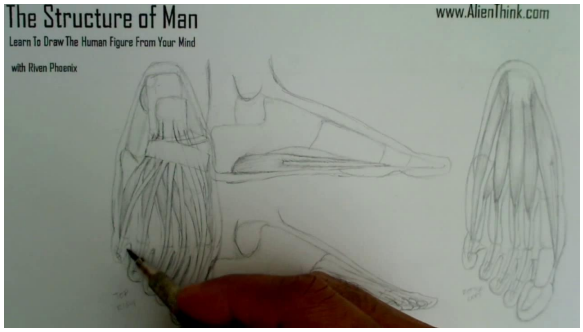
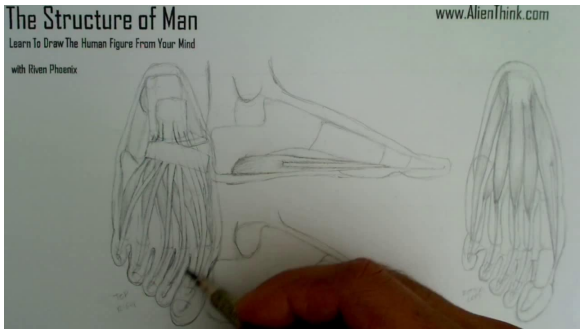
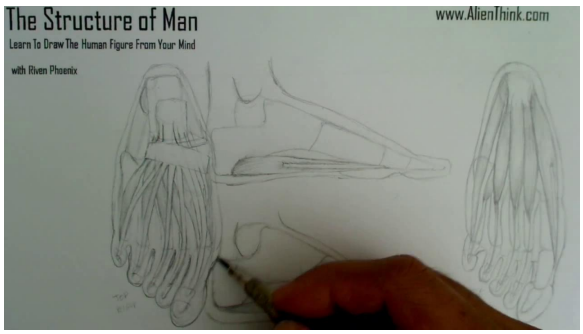
233		Right.
234		And then over here I'm just going to make it go this way.
235		Right.
236		So this is the important concept from this understanding of foot.

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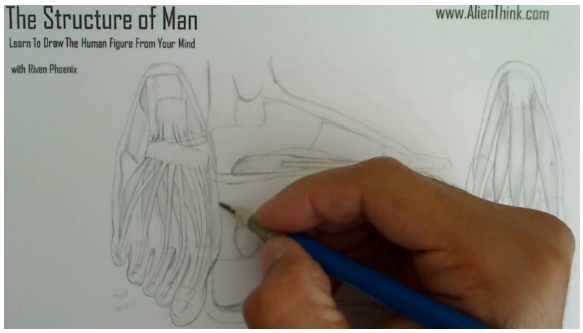
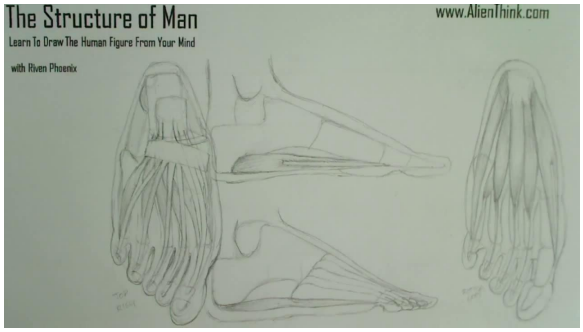
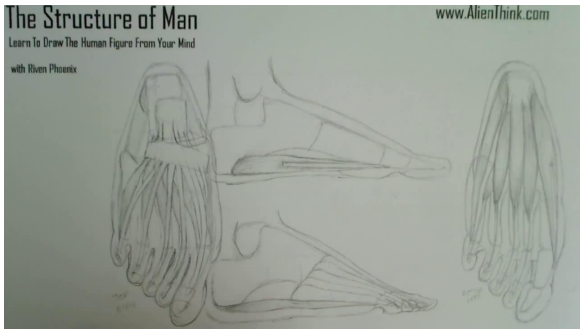
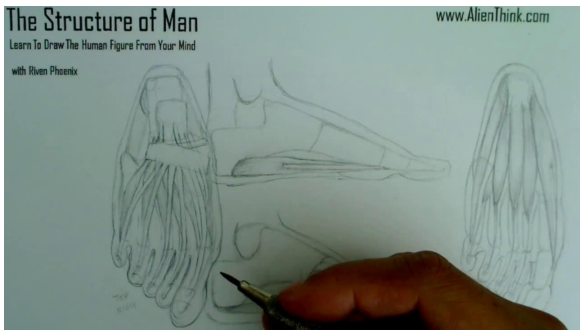
237		Just do this outline around it.
238		And just examine your foot a little bit.
239		And then you'll begin to understand how everything is being put together over here.
240		Okay.

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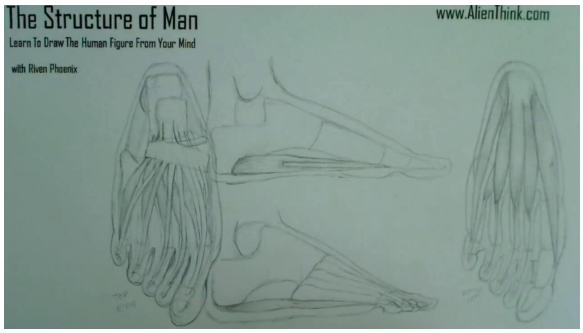
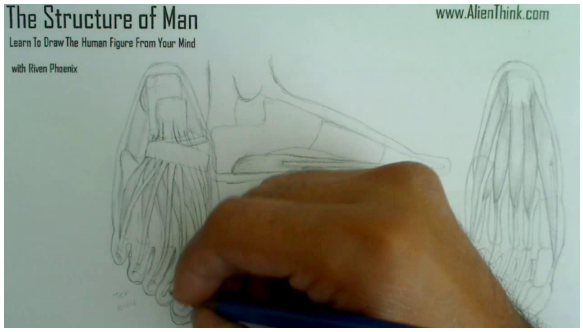
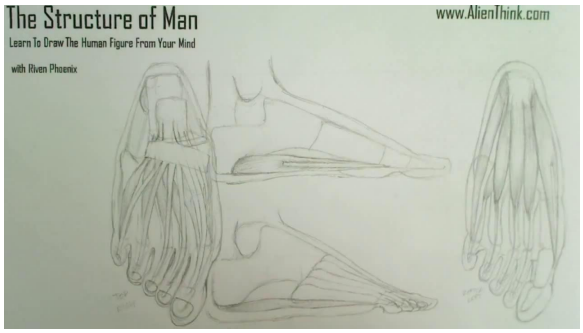
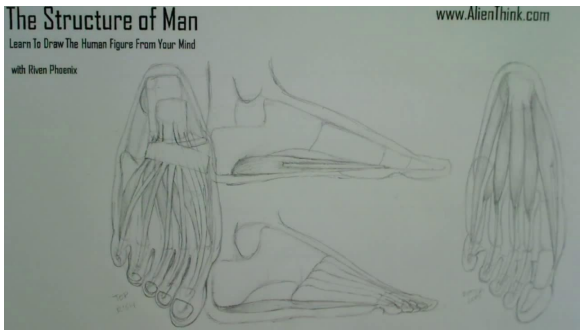
241		So I'll see you in the next lesson.
242		We'll close up this chapter here of the foot and see where we are at in figure figure drawing.
243		Okay.
244		Okay.

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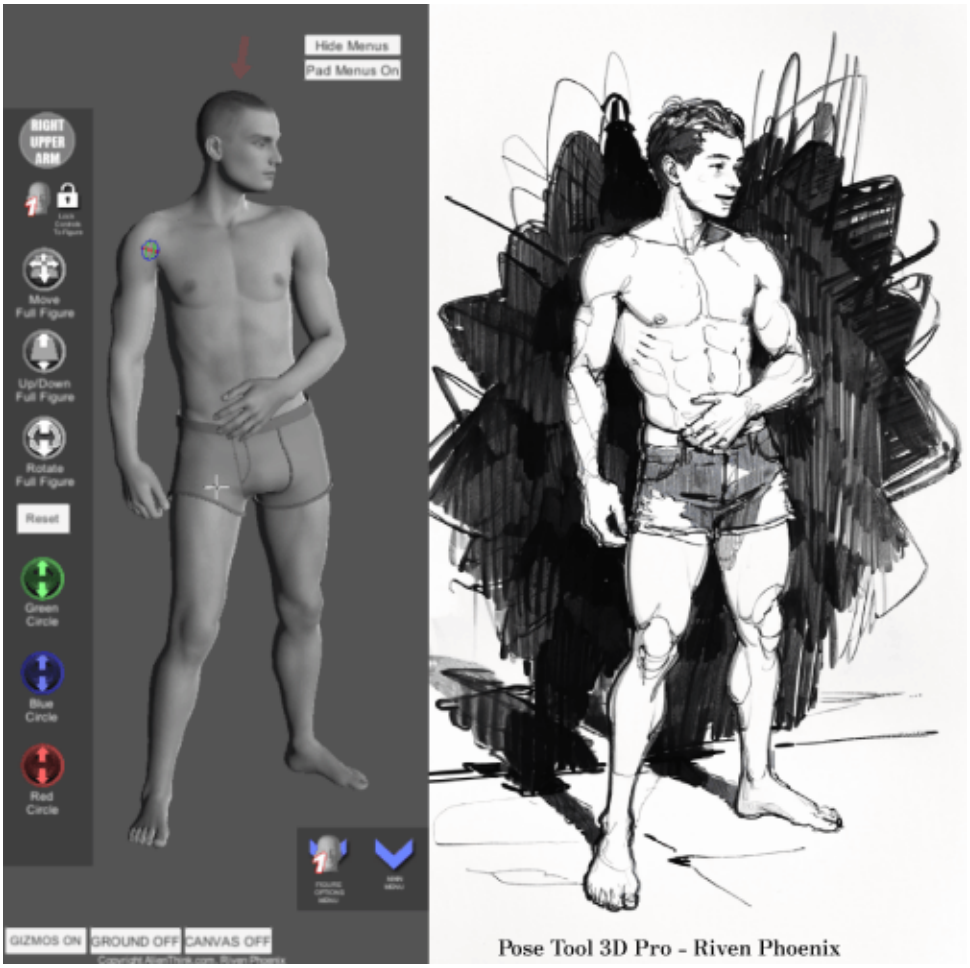

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